

YES! Low cal, low fat BIKINI BURGER

woman



**Strictly
AFFAIR?**

Kristina & Ben

ATTACK!

15 new ways to
**LOSE 5lb
THIS WEEK**



**KAIA
AGE 3**



**KAI
AGE 10**

**My little girl
IS NOW MY SON**



**NEWS
JUST IN!**

Posh & Becks

**SEPARATE
LIVES!**

Miles apart and under pressure



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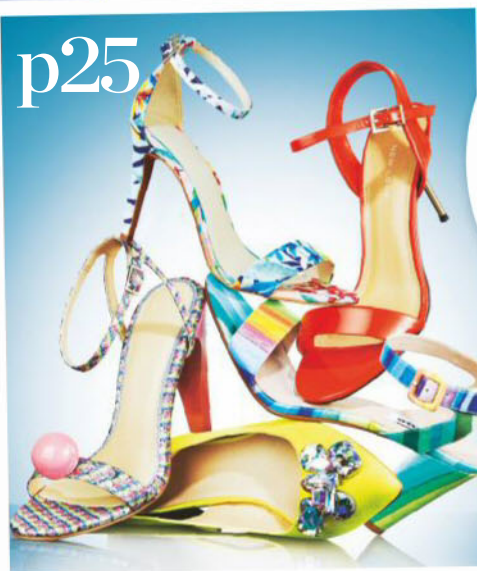
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It's back and everyone in our office will be glued to the telly. I'm talking about The Great British Bake Off! Turn to p8 for our look back at the past five series (custardgate, bingate...) plus a sneak peek at this year's contestants. You always think you won't care as much about the new bakers as you did last year, but you always end up caring just as much. Happy viewing!

Karen
Editor, Woman

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HALF-PRICE NOVEL OF THE WEEK WITH WHSMITH!

Each week, you can get our 'review of the week' book for less than half price with WHSmith. Just turn to p54, cut out the coupon and take it to a high-street WHSmith for your half-price novel. Happy reading!



Turn to p54

WHSmith
Subject to availability. Most stores.

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When you have finished with this magazine please recycle it.

* On the cover

GLAMOUR ne

WEEK II

Karan Rai spots the stars



ALESHA DIXON

Alesha, 36, channels her inner mermaid in this fishtail dress by Michael Costello. Showing off her curves, this sheer number is sure to have wowed.



AMY ADAMS

Vibrant and bright, 40-year-old actress Amy isn't afraid to make a statement in this simple yet sophisticated Roland Mouret dress.



MOLLIE KING

The Saturdays singer, Mollie, 28, wows in this plunging floor-length Ralph Lauren gown. A demure look certainly suits the star.



AMANDA HOLDEN

Amanda, 44, keeps it casual in a sporty Suno midi, which is bang on trend. This is a hard look to pull off, but Amanda gets an A for effort.

G O G

These stunning celebs show us how to really

NSTYLE

in the trend that's here to stay



REEN!

knock 'em dead in shades of green

CELINE DION

A newbie on our style pages, Céline, 47, brings the catwalk to the red carpet in this leather Mugler dress. That figure has us green with envy.

ALEX JONES

Going glam, *The One Show* presenter, Alex, 38, looks comfy and stylish in this khaki jumpsuit paired with a leather jacket and a smart grey bag.

CHRISTINA HENDRICKS

Redhead Christina, 40, showcases her enviable hourglass figure in this Zac Posen gown.

LUPITA NYONG'O

Lupita, 32, shines in a flowing gown with pretty floral embellishments. Adding a pop of purple lippy makes this look just right for the red carpet.



woman

ABOUT TOWN

Chloe, Sara & Helen bring you the latest gossip...



Ben and Kristina ATTACKED

The *Strictly* curse has struck again as rumours of a romance between Ben Cohen and dance partner Kristina Rihanoff seem to have come true and his devastated wife Abby is seeking a divorce. Ben announced his separation from Abby last September but said he and Kristina were 'just friends'. However, after introducing the Russian dancer to his seven-year-old daughters, it appears friendship has turned into love. Abby attacked her rival on Twitter, with a poem about karma, but the *Strictly* siren's fans rallied and branded Abby 'pathetic'. How will Kristina react when *Strictly* returns in September?



In happier times: Ben with wife Abby and dance partner Kristina during training



It's Poldark!

Here's *Poldark* hunk Aidan Turner minus those lovely dark locks on the set of the latest Agatha Christie thriller. Sadly, there's also no sign of his naked torso. But dressed or undressed, we'll take Aidan however we find him...



Lorraine: 'I'M NO BUL

Lorraine Kelly has been accused of bullying over her 'Paxman-style' interview of *Geordie Shore*'s Charlotte Crosby. The grilling involved the reality star's bed-wetting antics on live TV. But Lorraine defended her actions saying, 'It was firm but fair and Charlotte was happy to answer everything.'



Gossip to go ✱ Mr Selfridge's Kara Tointon is rumoured to be dating TV presenter Matt Johnson

KLASS CLASH

Myleene Klass and ex-husband Graham Quinn have been locked in a spat following her revelation that he put her off marriage for good. Graham hit back on Twitter claiming he hadn't seen their two daughters, Ava, seven, and Hero, four, in over a year. 'One day I hope you will put the interests of your children first and let them see their father.' Ouch!



Blooming LOVELY

Corrie's Samia Ghadie looks bumptastic as she strolls in the sunshine with hunky Frenchman Sylvain. The pair are set to welcome their baby son later this year. No doubt he'll be a handsome tot!



Easy on the pecs lads, I've got some business to take care of later...



It was giggles and glamour all round at the Wright/Keegan wedding in May



Check me out, I'm Mark Travolta!

Mark & Michelle's Wedding ALBUM

NEVER BEEN SEEN!



* The latest news is that One Direction's Louis Tomlinson's baby could cost him £10 million!



I like my buns round and firm

Oh Paul, you are jammy!

I'm a dentist: get me out of here!

On your marks, GET SET... BAKE!



Best friends Mel and Sue will be hosting as usual

As the white tent goes up for another year, we look back at The Great British Bake Off's most shocking moments....

The timer's ticking for a fresh batch of contestants to knead, prove and drizzle their way to glory. But it's not all been sugar-coated – the show's seen its fair share of flour slinging over the years, with bakers crumbling under the steely gaze of judges Mary Berry and Paul Hollywood. Here we look back over the soggy-bottomed scandals of the past five series...

2011 Choc horror Series 2

Floppy-haired photographer Rob Billington became *Bake Off's* first heart-throb, but he dropped a clanger in the first episode when his multi-tiered chocolate cake hit the kitchen floor! The tearful hunk was distraught, but he managed to salvage one tier to present to Mary and Paul. Phew!



2012 Blood bath Series 3

John Whaite was forced to withdraw from the strudel round when he sliced his finger in an electric mixer. The close-ups of his blood-soaked hand sent Twitter into meltdown, with many venting their disgust, causing the hashtag Bloodglove to trend. There's no doubt the knives were out, but he went on to win!



2013 Frances' toppling biscuit tower

Series 4 Presenter

Mel Giedroyc sparked a biscuit blunder in the fourth series when she caused the tower to topple as she tried to measure its height. Guilty Giedroyc was left to hold it in place for the judges' verdict. Ouch!



2013 Custardgate

Series 4

The path to the perfect custard is anything but smooth and Deborah Manger learnt this the hard way when she committed a 'baking burglary' after stealing custard from a fellow contestant. The incident saw her booted out of the competition.



2013 Paul's 'flirtation'

Series 4

Silver fox Paul Hollywood spiced up the show when fans pointed to simmering sexual tension between him and contestant Ruby Tandoh. Many suggested it was more than Ruby's cooking he was sweet on. But sugar-loving Paul reined himself in!



Fancy a taste of my brioche?

2014 A fondant farewell

Series 5 Baking queen Mary Berry was not

amused when contestant Enwezor confessed to using shop-bought fondant icing for his rocket showstopper in biscuit week. The unlucky lad didn't make it to the next round. You can't fool Mary!



Shop-bought? The very idea!

2014 Bingate

Series 5 Bearded

baker Iain Watters was sent packing after he chucked his showstopper in the bin. But viewers blamed fellow contestant Diana Beard, who removed his ice cream from the freezer before it had set. Diana later quit due to illness.



MEET THE NEW RECRUITS

The competition's hotting up for another year. Here is 2015's baker's dozen – but who will scale the stiff-peaked highs of success?



Will super Sandy's scones get Mary and Paul salivating?



Alvin looks like he could be a real dab hand with that whisk!



Unstoppable Ugne's sticking the knife in already!



Tattooed Stu's got his thinking cap on – bet he brings a quirky edge



Mighty Marie doesn't look like one to pour her chances down the sink



Nadiya's got a very measured approach to the competition



Iain looks like a man who knows his way around a cake tin!



Tenacious Tamal looks rather nervous as he faces the judges



There may be nothing little about Dorret when she gets her whisk on



This Paul is a dead ringer for silver fox Mr Hollywood!



Will squeaky clean-looking Mat be the bad boy in the kitchen?



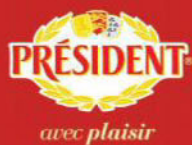
Could Flora be the new Martha, last year's baking protégée?



THE
SARNIE
WITH A LITTLE
Je ne sais quoi.



Introduce a bit of French flair to your snacks.
With its mild, creamy taste and oozing texture,
President Brie makes any sandwich superbe.



David is now a stay-at-home dad while Victoria leads her fashion empire

Posh and Becks' SEPARATE LIVES!

Spending so much time apart could be driving a wedge between the couple...

the working parent and David is practically a full-time dad, especially to Harper who still needs him a lot of the time.'

'He misses his wife'

For Victoria, this is the time for her to really put in the hard work and build her growing fashion empire. And to do that, she needs to focus on developing a solid customer base in the lucrative Far East market, with recent trips to Singapore and Hong Kong. But naturally, that time away from home comes at a price.

'Victoria is more into her work than ever and gets so much fulfilment from it,' explains our insider. 'David's happy for her, but he misses having her around as much. Even while David was shuttling to and from training and Victoria was juggling motherhood and work, they spent more time together than they do now. But David was never anything like as busy as Victoria is now. Growing a business empire is a 24/7 commitment, and it's led to tension.'

The last time the couple spent so much time apart was in 2004 when David moved to Madrid, while Victoria stayed at home in the UK with Brooklyn and Romeo. It's alleged that David had an affair with PA Rebecca Loos during this time, leading to

Victoria eventually moving her family to the Spanish capital, and later giving birth to third son Cruz in 2005.

Our source insists that memories of that fraught time are never far from Posh's mind. 'She's never forgotten what happened when he was in Madrid and she was back in Britain. So now, perhaps it's Victoria who worries more than David because she's the one away from home most.'

But Posh is determined to plough on with her business – and David is behind her all the way. 'I'm so proud,' he says. 'To go from a Spice Girl, a pop star in the biggest girl band in the world, to a respected fashion designer – it's a hell of a step.'

'SHE'S NEVER FORGOTTEN WHAT HAPPENED'

That's why when they do get rare quality time together, they make the most of it. Our source explains, 'Victoria never stood in the way of David following his dreams, and all she's asking for is to be treated the same way in return. Victoria is learning to trust that everything's going to be OK.'

She says, 'I'm lucky to be in a position to plan my diary around the kids' assemblies and sports days. [But] when I'm lying in bed I think about the next collection. That makes me sound insane, doesn't it? I'm getting into bed with David Beckham and thinking about clothes!' ☹

With 16 years of marriage, four happy children and millions of pounds in the bank, David and Victoria

Beckham have one of the steadiest relationships in showbiz – even after surviving *that* tumultuous blip in 2004.

But friends close to the couple say the recent role reversal between the pair, which for the first time has seen David as the stay-at-home parent to Brooklyn, 16, Romeo, 12, Cruz, 10, and Harper, four, has caused more than a few problems.

'It is better and worse for David and Victoria these days,' reveals our insider. 'In the past, everything revolved around David because he was the big earner. But that balance has shifted until Victoria is

Chatting to Ruth Langsford is always a pleasure. Her easy-going charm puts everyone at ease. The presenter has a busy summer ahead hosting *Loose Women*, *This Morning* with husband Eamonn Holmes, and juggling home life with their 13-year-old son Jack and pet dog Maggie. Speaking exclusively to *Woman*, Ruth discusses keeping fit and the key to her happiness with Eamonn.

'Working in telly, I have to watch my weight. I'm definitely a bigger woman than most on TV. I'm a healthy size 12, sometimes a size 14. It doesn't bother me but every now and again I'll see a shot of myself sitting down and I've got my muffin top hanging over the microphone pack and I feel bad. But those moments are good for me because I go, 'Come on, Ruth, you've put a bit of weight on because you've stopped running.' It puts me back on track. But I try not to get too hung up about it because I love going for a pizza with Jack. I also can't bear being around calorie counters. I feel like saying, 'Oh, shut up and have a chip!' You have to be careful as you get older because if your face gets too thin, it's ageing!'

'I've never had surgery and Botox. It's not that I don't want to, but I feel it's not for me. Of course I have days when I look in the mirror and go, 'Oh no, my chin's a bit saggy and I've got wrinkles,' but then I go, 'That's a 55-year-old face. I've got lines because I smile and laugh a lot.' Come back to me in five years and I might have had everything nipped and tucked. But I am enjoying being older and this is one of the happiest times of my life, from meeting Eamonn, having Jack to where I am now. I wouldn't go back to being 20 if you paid me.'

'Having a child was more important to me than a job in the media. If I'd lost my job, I'd have said, 'That's a shame, I enjoyed that, but it wouldn't be the end of my life.' I didn't realise how lucky I was to conceive naturally in my forties. It took seven months, which to me felt like forever, but then I spoke to my doctor who told me that's not a long time for a woman of 41. I didn't wait that long through choice. By the time I met Eamonn, I was concerned that maybe I wouldn't be able to have children so I felt very lucky. That's why I didn't really push for a second child, because I just thought, 'Be grateful for this wonderful boy, conceived naturally, he's healthy and you're happy.'

**WOMAN
EXCLUSIVE!**

I'm happier **NOW** than at 20'

Ruth Langsford spills the beans on her marriage, her health secrets and why she has to watch her weight...

'The best advice I'd give to younger women is to stay out of the sun.

I wished I'd listened to my mother. My mum is a redhead, so she had to stay out of the sun because it didn't suit her. Now at 83, she looks really good, but I didn't listen when I was 18, all I wanted was a suntan.'

'As I get older, I feel the need to keep on top of my health and it gets harder each year.

I drink blended vegetables by way of my Nutribullet as a quick and easy way to get my five-a-day. I'll put in spinach, cucumber, fresh ginger, fresh mint, lime and then some pineapple and apple. The hilarious thing is that everything looks like pond water, but it tastes delicious. I've also started blending vegetables for Eamonn, so that he can take it in a flask when he goes to work horribly early in the morning. I'm trying to educate him.'

'Eamonn and I were lucky to find each other, there's a degree of luck in these things.

I have a huge amount of respect for Eamonn as a broadcaster. He also makes me die laughing, we have a great humour between us. We're very much in love and have been for years. It is irritating when people go on about Eamonn's weight, to be honest, I think Eamonn looks great for his age. I find him handsome and very engaging and charismatic. There's a lot more you could say about him, rather than focusing on his weight – it's the least interesting thing about him!'

'EAMONN LOOKS GREAT FOR HIS AGE'

'Social media runs away with you. I thought I was across all those things, but every week there's something new, Instagram, Snapchat.

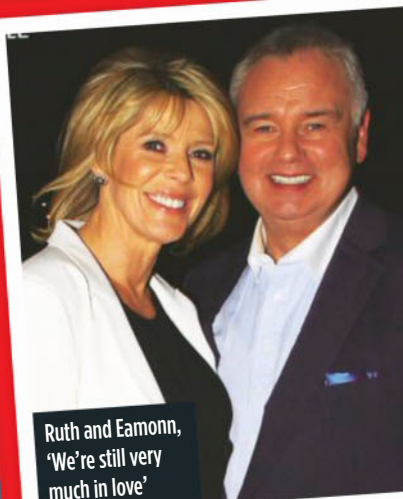
The experts tell us to keep up with everything, but kids are walking around with mini computers in their hands. Pornography worries me because I'm the mother of a young son. I always tell Jack that the stuff out there is not real. I believe it's important for parents to talk to their children but it's easier said than done because it's quite hard talking to a teenager – often they just don't want to listen.'

'I love my evening walks with our dog Maggie, which is why I agreed to support the campaign for Frontline, the UK's number one flea and tick protection to promote pet health.

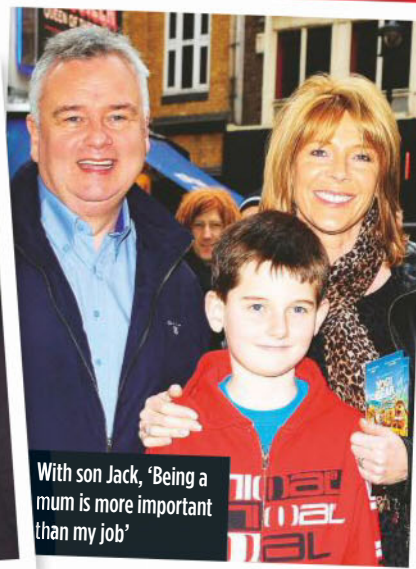
It's really important to treat pets monthly for fleas and ticks especially as ticks can transmit serious conditions such as Lyme disease which affects humans too. You do have to be really aware and careful of your dog's health.

I love walking. I just put on my trainers and go. I love the peace and quiet. It clears my head and sometimes I'll do a bit of running to keep fit. Our son Jack is a teenager now so he has to be persuaded a bit more. Eamonn can't do long walks because of his hip, so he likes to do more park activities, such as throwing a ball for Maggie. Sometimes we go out and Jack and Eamonn go on their bikes and I'll run alongside Maggie.'

*** Ruth Langford is working with FRONTLINE® Spot One. For further information, please visit uk.frontline.com**



Ruth and Eamonn,
'We're still very much in love'



With son Jack, 'Being a mum is more important than my job'

WORDS: CHLOE THOMAS; PHOTOS: LORNA JANE NEWMAN/PHOTOGRAPHY, MIRRORPIX, PA IMAGES; NIELSEN DATA BASED ON VALLE SALES 2014/15



IT'S HAD
7 MILLION
VIEWS!

The bully confronts
the two victims



She pushes and
shoves the
younger girls



Then forces them to
their knees and goes
through their bags

Should we ban BULLY-SHAMING ONLINE? **NO** 'They should

A clip of a bully tormenting two girls has gone viral – but we ask if videos like this should even be shown

When you scroll through social media, you'll often find clips of funny cats and make-up tutorials. But recently more shocking videos have been creeping in too. A few weeks ago, footage of two young girls apparently being beaten to the ground by a girl believed to be 16 was posted online and within days it had more than seven million views.

The video – filmed in Birmingham – sees the victims, who are both 14, being ordered to kneel and say sorry for giving 'dirty looks' to one of the jeering mob.

'You're not going to get up until I say you can,' growls the bully. The victims are heard begging to be allowed to call home. But the bully takes away their phones, telling them they have no right to speak.

**'THEY WERE
ORDERED
TO KNEEL'**

Then she appears to throw their things on the dual carriageway.

The police have now arrested a teenage girl, who has admitted assault and robbery. She has since become a victim herself – of revenge attacks.

The NSPCC has now urged people to delete the video and it's raised the question of whether the circulation of shaming videos such as this should be stopped altogether...



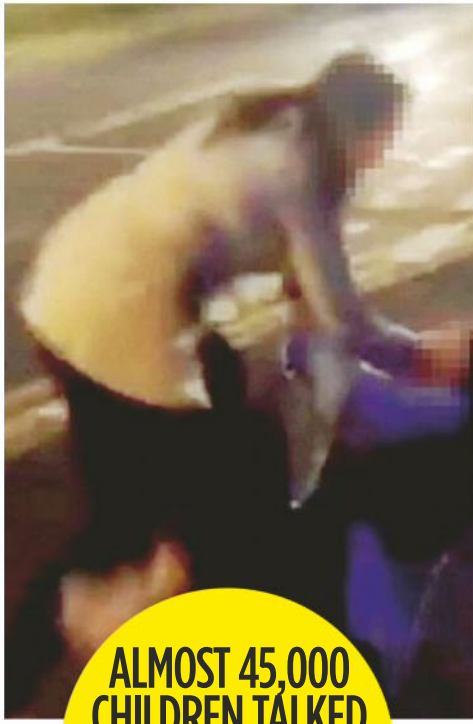
Writer Tanith Carey is 48.

Now so many young people have camera phones, we can get glimpses into their lives we never had before. Some of it isn't pretty. But it means nasty behaviour can no longer stay hidden.

The NSPCC has said this video, which shows the brutality perpetrated by a teenager, should no longer be circulated. But I think that's a mistake.

The video shows bullies they will be held accountable. She's learning what it's like to be scorned by others, who are disgusted by her behaviour. And faced with her actions, perhaps she'll get help to unpick the anger that led her to unleash this aggression.

But that's not all this video is good for. With the permission of the victims (who shouldn't be identified) this clip could be



The girls seem to be assaulted and mocked

THERE'S MORE...

Dragged by his clothes
Mobile phone footage of a girl grabbing the sweatshirt of a teenage boy and threatening him went viral this May – with almost three million views in six days. The 14-year-old girl drags him around by his clothes before punching him on the side of the head. It led to the police arresting and later charging her.

Begging for mercy

A heartbreaking video of a boy, believed to be about 13, begging for mercy as he is repeatedly punched and kicked by two bigger bullies is being investigated by the police after it was posted on Facebook last month.

Forced to kiss the bully's shoes

A young victim was subjected to a humiliating assault in June when he was forced to kiss one of his tormentor's shoes before being kicked and spat on. The video was viewed more than 50,000 times and the bullies were later arrested.

ALMOST 45,000
CHILDREN TALKED
TO CHILDLINE
ABOUT BULLYING
LAST YEAR

YES 'We all do stupid things'



Writer Julia Llewellyn Smith, 46, lives in London with her husband James, 42, and their two children.

It was almost 40 years ago, but I'll never forget the terror that gripped

me when the school bell rang for break time. My classmates would dash into the playground, but – then aged seven – I was cowering, begging the baffled teacher to let me stay inside.

I was terrified of a boy called Nathan. Every break time for months, he and his eight-year-old buddies would link arms and then goosetstep towards me before kicking me to the ground. I'd lie curled up on the concrete as the kicking continued and they'd call me names.

I don't remember how the bullying stopped. Maybe they moved to another victim or probably they just grew up and felt terrible about it. That's why, although I'd be devastated if my daughters, Sasha, 10, and Clemmie, eight, were bullied – I'd never want those bullies shamed online.

Absolutely, bullies should be punished – but by authority, not an internet lynch mob. The older teenager behaved despicably, but it's her parents, school and the police who should be

punishing her, not vigilantes taking the law into their own hands by threatening on Twitter to teach her a lesson.

The problem with videos is we can't be sure they tell the whole story. We don't know what the true context might be. A daft joke between friends could be edited to look like horrible cruelty.

Even if the video's accurate, when we're young, we all do stupid, unkind things. But most of us learn from this. We grow out of such behaviour and regret it. But a video can stay online forever, tarnishing the people involved, long after they've served their punishment. It

could even prevent them finding a job.

I'm grateful to have had my childhood before the birth of the internet, to have been able to do dumb things in relative privacy. I don't see why today's teenagers should be forced to live with their mistakes for the rest of their lives.

Being bullied was horrible but it didn't ruin my life and I'd hate to think of it ruining Nathan's. Just like me, he's probably nothing like he once was. He's no doubt a respectable dad who would be utterly appalled by his past actions.

'IT'S AN INTERNET LYNCH MOB'

ING be accountable'

used to teach the dynamics of bullying.

I played it to my daughters, Lily, 13, and Clio, 10, and explained what was going on. I told them how it illustrated that a bully will do everything they can to strip victims of their dignity.

I also told them this clip is an example of the 'bystander effect'. The people who stand on the sidelines are almost as responsible because, by doing nothing but laughing, they encourage the bully to keep going. And I explained that the problem always lies with the perpetrator and it's *never* the victim's fault.

I doubt this was the intention when the video was posted, but if bully-shaming videos were banned, this girl would still be tormenting others. It's thanks to this clip the authorities are involved – ready to stamp out cruelty. *Girls Uninterrupted – Steps for Building Stronger Girls In A Challenging World* by Tanith Carey (£7.99, Icon Books)



Bring back the good times.

You want to keep enjoying the food and drink you like.

So you should keep brushing twice a day every day with a Sensodyne desensitising toothpaste. And not stop when your sensitivity pain goes away because chances are it will come back. But the good news is, you can help prevent it.



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N°1 DENTIST RECOMMENDED BRAND FOR SENSITIVE TEETH

Don't tell me I can't...

Model lingerie after beating cancer

Wendy Aitken won't let surgery stop her from baring her body

Posing in my lace underwear for the camera, I feel fantastic. But if you look a little closer, you'll see I'm no ordinary model. As well as being a 45-year-old mum-of-three, I'm a cancer survivor – and I wear my scars with pride.

If you'd told me three years ago that I'd be doing this, I'd never have believed you. I was working part-time as a customer-services assistant and busy with my kids Jessica, 18, Samuel, 15, and Ellie, 11, when I found a tiny lump in my right breast in September 2012.

I told my husband Martin I didn't think it was anything serious. But after a day of tests at a cancer clinic, the panic began to set in. And by the time I sat across the desk from a consultant with Martin, I was shaking with fear.

'You have breast cancer,' she said. I clung on to Martin's hand and began to sob. I thought of our children and I refused to picture them growing up without a mum.

A week later, I went back to discuss treatment. 'You'll need a mastectomy as soon as possible,' said the consultant.

'I just want this thing out of me,' I replied. 'The sooner the better.'

Still, as surgeons wheeled me into the operating theatre, I was nervous. I held back the tears as I kissed Martin goodbye.

Waking up five hours later, I looked down at my chest. Despite being in bandages and hooked to machines, I could see the flat part of my chest where my right breast had been. It was strange, but I was relieved. I didn't have cancer any more. 'You're still beautiful,' Martin said, as I recovered at home.

I still needed chemotherapy to get rid of any leftover cancer cells, but by July 2013 I'd finished my treatment.

Of course, with my bras no longer fitting

me, I needed new ones. So I went shopping to find post-surgery bras for my sensitive chest. But after hours of searching, the only bras on offer were frumpy and ill-fitting. At 45, I wanted my underwear to help me feel feminine and confident – this made me feel worse.

Then, in November 2014, I stumbled across an advert requesting women to join a focus group for Debenhams to discuss post-surgery bras for a new underwear range. As I thought about my underwear drawer, filled with boring post-surgery bras, I signed up.

Three weeks later, I headed to London. Buoyed by the enthusiasm of the other ladies, I didn't hold back – and I had fun chatting about bras and boobs.

In January 2015, I got a call from the charity Breast Cancer Now. 'Debenhams were so impressed with your ideas!' I was told. 'They want you to be the face of their new post-surgery range.'

I burst into giggles and almost dropped the phone. I was hardly Kate Moss! But I was proud of what my body had been through so I agreed to do it.

A month later, I arrived at the shoot and when I saw the bright lights and cameras, I felt my stomach churn. I'd always been conscious of my body and now thousands of people would see me in my underwear.

But my eyes lit up



By July 2013, Wendy had completed her cancer treatment



Wendy's the face of Debenhams' post-surgery underwear line

as I saw the range of underwear. And as I stood in front of the camera, the photographer put me at ease. Before I knew it, I was posing like a pro and when I saw the photos on the monitor, I couldn't believe the confident model on the screen was me!

Last month, the range was rolled out in Debenhams stores across the country. And I can't wait for the first time I stand in a queue behind someone holding one of the bras – with me on the label!

Before, I would never have dreamt of stripping for the camera. But everyone deserves to feel confident and sexy. If I can beat cancer, I can do anything.

*** To find out more about Wendy's story and her involvement in the Debenhams Spirit campaign, visit youtube.com/debenhamsretail**

'IF I CAN BEAT CANCER, I CAN DO ANYTHING'

Yes, you can BUT REMEMBER...

*** Perfect those poses:** Striking a pose starts with confidence. Read *Supermodel You* by Sarah DeAnna and Eve Adamson (£12.99, Hay House).

*** Make like a model:** Many photography studios offer packages where, for a fee, you can be a model for the day and take the pictures home. For more information, visit virginexperiencedays.co.uk/fashion-model-photoshoot.

ARE YOU PART OF GENERATION Y NOT?

Generation Y Not! are 40-plus women like you who are grabbing life with both hands. Let us know how you rewrite the rules on Facebook and Twitter or by email. For details, see page 3.

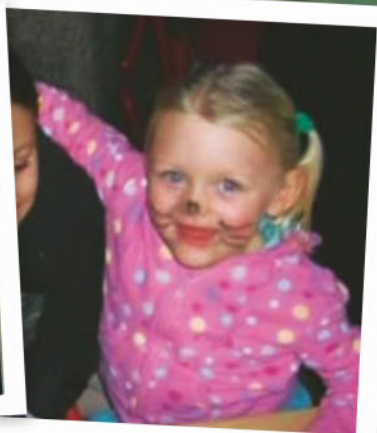


My daughter is NOW MY SON

Despite being born a girl, Kai Windsor knew he was a boy from the age of three. Here, his mum Rachel reveals how it feels to have a transgender child...



From an early age, Kaia hated wearing pink and playing with dolls...



...and loved to dress up as a pirate and wear boys' clothes



Like any mum, when my son celebrated his 10th birthday last August, I spent the day beaming with pride. I decorated our home with blue balloons, planned a party in the garden for his friends and displayed his 'birthday boy' cards on the mantelpiece. Only this was no ordinary show of maternal love. This was Kai's first birthday as a boy – because my son used to be my daughter.

I always wanted to be a mum. When, at 21, I fell pregnant with my daughter Jasmine, it was a happy surprise. She was a girly girl – just like me – and I loved dressing her in pink outfits and styling her hair in pigtails.

Jasmine was six when I found out I was expecting again. I was sure I was having a boy this time, so when I gave birth to a girl, I was stunned. With her big blue eyes and tuft of blonde hair, I fell in love.

We called her Kaia. Jasmine loved having a little sister, and after digging out the old pink babygros from the loft, I began to dress her just like her sister.

But from the moment Kaia could talk, she began to say no to pink. She rejected her dolls, preferring instead to play with toy cars or kick a football around in the garden, and when we went shopping for clothes, she'd drag me to the boys' section. When Kaia was three, my relationship

with her father broke down, and we moved to Cheltenham where I started a cleaning business. Being a single mother was hard, but it brought the three of us closer.

That September, Kaia started school, and she hated wearing the yellow gingham dress. On non-uniform days, she'd don her usual outfit of shorts and a T-shirt, and every birthday, she'd ask for a fancy dress party – dressing up as a pirate or zombie, there was never a princess dress in sight.

I didn't think much of it, telling myself she was simply a tomboy.

But as Kaia grew older, I had a creeping sense of worry about her demeanour. My bright, bubbly daughter became increasingly withdrawn.

At home, she'd have a meltdown over the tiniest of things and at school, her teachers reported mood swings and a downturn in her grades. They even suggested she should see the class counsellor.

Still, it wasn't until I found myself watching a TV programme one morning that it dawned on me what Kaia was going through. It was an interview with a mother and her son, who was a girl before being diagnosed with gender dysphoria. Every word rang true. Tears streamed down my cheeks as I thought of my

eight-year-old daughter – the girl who scrunched up her face with frustration every time she had to wear her school dress and who loved to play football with the boys – and I wondered why it had never occurred to me before. The reason my daughter was struggling with her identity was because she wasn't my daughter at all – she was my son.

With Kaia still so young, I wondered if she even understood what she was going through. All I could do was wait until she felt ready to talk to me.

That day came sooner than I thought. Six months later, in March 2014, I was getting ready for bed one night when Kaia walked into the room. 'Can I sleep in your bed tonight?' she

asked. As she climbed in beside me, I felt her heart beating fast in her chest. 'What's wrong?' I asked. 'Don't hate me Mum,' she began. 'But I'm a boy...'

The relief was overwhelming. 'I know you are,' I replied, pulling her closer to me. 'Am I the only one in the world?' she asked. Her words broke my heart. I wondered how long she'd been battling these feelings alone. In that moment, I vowed to be there for my child, in every possible way. We held each other close – and we didn't let go all night.

'THERE WAS NEVER A PRINCESS DRESS IN SIGHT'



The number of children referred to the NHS with confusing feelings about their gender has quadrupled

Mum Rachel has done everything she can to help Kai adjust to being a boy

The following day, we told Jasmine, then 15. Like me, she said she'd always known. And we told the rest of the family too. When I arranged a meeting with the school, they agreed to hold a special class for all the children in Kaia's year to explain what it meant to be transgender. And while I worried that I might be met with hostility at the school gates, the other parents showed me nothing but compassion.

Kaia said she wanted to shorten her name to Kai and we promised only to refer to her as a 'he' from that moment on. After some research we found a support group called Mermaids.

I read stories about other children, teenagers and adults, who were transgender. But I only showed Kai the positive ones. Home alone, I read about transgender teenagers who self-harmed and others who even took their own lives.

Consumed with fear, I found myself looking back through old photo albums, remembering that little toddler in pink dresses and pigtails. I wondered if I'd find myself mourning the loss of my daughter, but those feelings never came. Because instead, I found myself confronted with a whole new version of my child – a carefree, courageous little boy, who could finally be himself.

Just like any other boy

By the age of nine, Kai was already showing signs of starting puberty and he began to feel frustrated. I'd read online that transgender children were being treated at the Tavistock Clinic in London – an NHS hospital specialising in gender dysphoria. They were giving children hormone blockers to stop their bodies from changing – to make it easier for them to change gender later on.

We began to attend appointments. Delving into our past with endless questions about Kai, our family and our life, each session was emotionally exhausting. But we kept on going.

His 10th birthday, in August last year, was like a second birth. Watching him playing football in the garden with all his friends, he looked just like any other little boy. Finally, in May this year, Kai was formally diagnosed with gender dysphoria.

Last month, Kai started taking hormone blockers – meaning his breasts will stop growing and he won't have periods. The blockers are reversible, meaning Kai can stop taking them at any time should he change his mind. Once he's 16, he'll be able to choose if he wants to have gender reassignment surgery. Whatever he decides to do, I'll support him.

As for what the future holds for Kai, I hope that in the years to come, people like him will be not just accepted by society, but welcomed with open arms. And, of course, he will always be welcome in mine. 🍷

*** For more information about gender dysphoria, visit mermaidsuk.org.uk**



SPO ST

Bikini top, £34, sizes
30D-38G, and bottoms, £24,
sizes xs- xl, both Freya
Visor, £29, & Other Stories
Watch, £45, ice-watch.com
Earrings, £12 for set
of 8, Accessorize

Get the
look with a
statement
jersey dress
and fluoro
accessories

Dress, £35, sizes 6-16, Oasis

Trainers, £140, Nike

Rucksack, £19.99, New Look

Earrings, £12 for set of 8, Accessorize

Ring, £5.99 for set, New Look

SPORTS
ARNS

Punchy neons and trendy trainers
bring energy into your outfit as
luxe sportswear takes centre stage

FASHION EDITOR: PAULA MOORE
PHOTOGRAPHER: JOHN OWEN



Clash your
clothes
with your
accessories
– the brighter
the better!

Dress, £95, sizes 8-14, ilunaa.com
Top, £25, sizes 6-18, River Island
Earrings, £12 for set of 8, Accessorize
Watch, £45, ice-watch.com

Sneakers and metallic shades will give a posh dress a fresh sporty spin

Dress, £170, sizes 6-16, Karen Millen
Trainers, £85, Nike at gooutdoors.com
Sunglasses, £5.99; Necklace, £6.50 for set;
Rings, £5.99 for set, all New Look
Earrings, £12 for set of 8, Accessorize

WORDS AND ASSISTED BY: RACHEL BASSETT; HAIR & MAKE-UP: EVE TAYLOR USING COSMETICS
A LA CARTE AND LOREAL HAIR PRODUCTS. MODEL: GEMMA SANDERSON AT PREMIER

With many thanks to Aguas de
Ibiza Spa Hotel. For information
and reservations, call +34 971 319
991; aguasdeibiza.com

HOW TO GET SPORTY

- * A fluorescent watch or sleek visor will shift a staple look into sporty territory.
- * Invest in a rucksack as your new practical arm candy.
- * If you buy one thing, make it a pair of statement trainers. The perfect runaround shoe.
- * Keep an eye out for stripes, piping or panelling to nail the trend.

1 Make a tankini and a tropical maxi bar-worthy with the perfect finishing touches: matchy-matchy palm tree earrings and tan mules.



Tankini, £45, sizes 12-32, Marisota



Sea Salt Spray, £6.99, John Frieda



Mules, £49.99, Zara

Dress, £29.99, sizes 6-20, H&M

Earrings, £8, Pieces



2 We love the throw-on-and-go ease of a kaftan - try wedges and an embroidered clutch to take yours from day to night.

Kaftan, £69, sizes 8-22, Monsoon



Clutch, £34, Star by Mela



Swimsuit, £14, sizes 6-20, Primark



Eyeliners, £16, Make Up For Ever



Wedges, £32, River Island

BEACH TO BAR

After a day in the sun, these outfits will take you straight to cocktails!



Dress, £30, sizes 4-16, Topshop



Bikini top, £14, sizes s-xl, Oliver Bonas



Bikini bottoms, £12, sizes s-xl, Oliver Bonas



Necklace, £9.99, New Look



Sandals, £39, Dune

Lipstick, £7.99, Revlon



3 Keep a tribal-style necklace and a bold lipstick in your beach bag to put on before you hit the bar.



Bronzer, £28, Elizabeth Arden



Swimsuit, £30, sizes 6-22, Next

Sandals, £49, Miss KG by Kurt Geiger



Clutch, £7.99, H&M

Dress, £58, sizes 8-20, M&Co



4 A floaty dress will look great over your swimsuit. Add bronzer and a bright clutch when the sun sets.

THESE HEELS
WILL GIVE
ANY OUTFIT
A LIFT!

Fashion Ed's
fave! £45, Asos

Fab florals,
£55, Aldo

Perfect in
patent,
£19.99,
New Look

Cute candy
stripes, £79,
Dune

Look-lovely
jewels, £40, Asos

Summer's *sexiest shoes*

Treat your feet to a glam makeover with a pair of hot heels

Holiday like a pro

Don't let any beauty woes spoil your holiday – here's how to look fab all week!

WORDS AND STYLING: JESS HENLEY
PHOTOGRAPHY: ELISE DUMONTET

BEAUTY SOS

A FRIZZY MOP

Embrace your hair's natural texture! On the beach you can get away with a much more relaxed look, so don't rinse your hair every time you get out of the sea – the salt will give you a sexy beach vibe and keep excess frizz at bay. Then use an intensive mask such as **Philip Kingsley Elasticizer, £29**, every other day to give your hair a moisture injection.

PANDA EYES

Want to wear mascara in the pool without it travelling down to your chin? Try new **Eyeko Sport Mascara, £18**, which coats your lashes with a jet-black waterproof formula. Or if you can't step away from your usual mascara, just sweep a coat of **Bare Minerals Locked & Coated Waterproof Lash Topcoat, £12**, over the top to lock it firmly in place.

ANGRY MOZZIE BITES

There's always someone who's the mozzies' favourite and saves everyone else from getting bitten! If you're that unfortunate person, arm yourself with **Anthisan Bite and Sting Cream, £3.49**, to take down any itchiness and swelling, then use an aftersun with mozzie repellent such as **Soltan Aftersun Hydrating Spray With Insect Repellent, £4.50**. Dab on a waterproof concealer to hide the redness. We swear by **Makeup For Ever Full Cover Extreme Camouflage Cream, £21**.

BRASSY HAIR

You don't want the sun to turn your highlights a nasty shade of orange, so pack a violet shampoo and conditioner. Your hair colour is made up of blue, red and yellow tones, and this will put the blue tones back to restore the balance, giving you a lovely shade of blonde. Try **John Frieda Sheer Blonde Colour Renew Tone Correcting Shampoo, £5.99**. And never forget your UV protective spray to keep your colour as safe as possible.

BLOTCHY SELF TAN

Don't you hate those few days when your self tan starts to fade and your real tan hasn't quite caught up? Prevent your colour going patchy by exfoliating each evening with a gentle shower scrub such as **Le Couvent Des Minimes Eau Aimable Exfoliating Shower Pulp, £7**. Then use an aftersun with a hint of self tan while your natural tan develops.

SORE SUNBURN

Now, we all know we shouldn't burn, but nor do we do it on purpose, so if you find a red patch or two, be sure to treat them religiously with a super-cooling aloe vera gel to take the heat out and help reduce any inflammation. Try **Banana Boat Aloe Sun Protect Aftersun Gel, £6**, and keep it in the fridge to give it extra cooling power.

FADED NAILS

The sun causes nail polish to fade, so opt for one of the new at-home gel colours with a sister topcoat that, when used together, give the lasting power of an in-salon gel treatment. Try **Revlon Colourstay Gel Envy** with the matching **Diamond Top Coat, £6.99 each**.

Thanks to Cancun Convention and Visitors Bureau. The team stayed at Secrets The Vine Cancun Resort & Spa (cancun.travel)

Beauty confidence



Healthy starts here...



The new health & fitness magazine that works for YOUR life

**ON
SALE
NOW!**



The holiday must-have

The new Bourjois 8 in 1 BB Bronzing Cream SPF 15, £9.99, is a sheer tint that gives you a summer glow, evens skin tone and protects against the sun.



The make-up artist's favourite

Contour, highlight and conceal with the Beautyblender Micro. Mini, £13.50, a duo of mini sponge applicators that double in size once wet.



The air-brushing concealer

The double-duty hydrating formula in Benefit's Fakeup Concealer, £18.50, preps skin, smoothing out fine lines as it covers up blemishes.



The everyday luxury

Soothe your hands as you cleanse with L'Occitane's Hands Cleansing Gel, £18, in its pretty new dispenser.

Beauty Director's SUMMER MUST-HAVES

Meet the beauty buys that can multi-task as well as you!



The summer skin solution

Wave bye-bye to dry skin and up your glow with Cheeky Turn Me On Gradual Tan, £10, a nourishing body balm and tanner in one.



The instant pick-me-up

Brighten your look in seconds with Collection's Speedy Blush Stick, £3.99, the effortless way to add colour to lips and cheeks.

The superhero cleanser

The new Rodial Super Acids X-treme Exfoliating Glycolic Cleanser, £29, also evens skin tone and protects against pollution.



Manicure essential

Rimmel London's Nail Nurse Stronger Nail, £4.49, combines a basecoat, topcoat and strengthener in a single polish. It's the ultimate mani buy.



The space saver

Mai Couture's Trio, £17, booklet of bronzer, highlighter and blush-infused papers are a quick way to a flash of colour on the go.



The glow giver

A spritz of Michael Kors Liquid Shimmer Dry Oil Spray, £40, gives skin a sun-kissed glow as it scents with the Michael Kors signature fragrance.



The beach hair boost

Nanogen Root Boost Hair Thickening Spray, £9.95, is a salt spray that adds bounce and body, nourishes the scalp and repairs damaged lengths.

15 ways to Lose 5lb

IN 7
DAYS!

Struggling to shift those last few pounds in time for your beach break? Our slimming tips could help you lose up to 5lb in a week

1 Ditch milk

Swapping milky tea for a cup of black tea helps rev up your metabolism so you burn off more calories during the day. It also helps reduce stress levels by lowering cortisol in the blood that triggers sugar cravings.

2

Drink more water

A new study's revealed that sipping 10ltrs of water a day can reduce your body weight by an amazing 5% over a short time.

3

Eat chocolate

Load up your diet with sirtuin-activating foods like turkey, watercress and dark chocolate that help regulate the body's sugar levels and fat metabolism, so you're less likely to store excess calories.



4 Say goodbye to sugar

Cut out the 2tsp of sugar you add to your cuppa each day for just 24 hours and you could lose 2lb in a week by making a massive calorie saving of 800.

5 Pack in the protein

Having a protein breakfast like yogurt or bacon could help you lose weight faster, as protein stimulates the production of the hormone ghrelin, which tells your brain you feel full. Do it daily and save up to 400 cal.

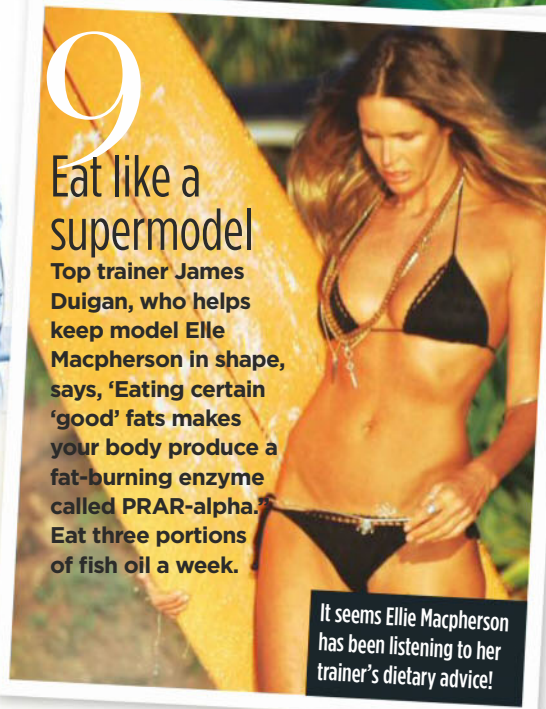
8 Just juice

Replacing breakfast with a green juice made from raw green veggies like kale, spinach, broccoli, celery and an apple for sweetness has helped celebs like Ruth Langsford drop up to 4lb in a week.



9 Eat like a supermodel

Top trainer James Duigan, who helps keep model Elle Macpherson in shape, says, 'Eating certain 'good' fats makes your body produce a fat-burning enzyme called PRAR-alpha. Eat three portions of fish oil a week.'



10 And sleep...

Get an early night. Sleeping produces leptin – a chemical that suppresses the production of fat cells by curbing appetite and helps you feel fuller for longer. Just one hour's extra sleep a night could help you lose 1lb a week.

11 Detox, don't diet

If you've been on a diet for ages your body starts to produce less of the leptin hormone which helps keep metabolism ticking over, so you're more likely to store excess calories as fat. Eat berries, eggs and green veg, which contain nutrients to detox the body and you could lose up to 5lb in one week.

Stay fit and well

12 Eat off a red plate

Serving your food on red china could cut down your calorie consumption by up to 40%. The reason is we link the colour red with danger, so we are less likely to overeat.

13 Smaller portions

Super foodist Rick Hay says, 'Eat little and often to speed up digestion and prevent sugar dips that make you want a belly-busting fix.' Or try Go Figa, an appetite suppressant with berries and figs you sprinkle over food, £14.99, gofiga.co.uk.

14 Make room for mushrooms

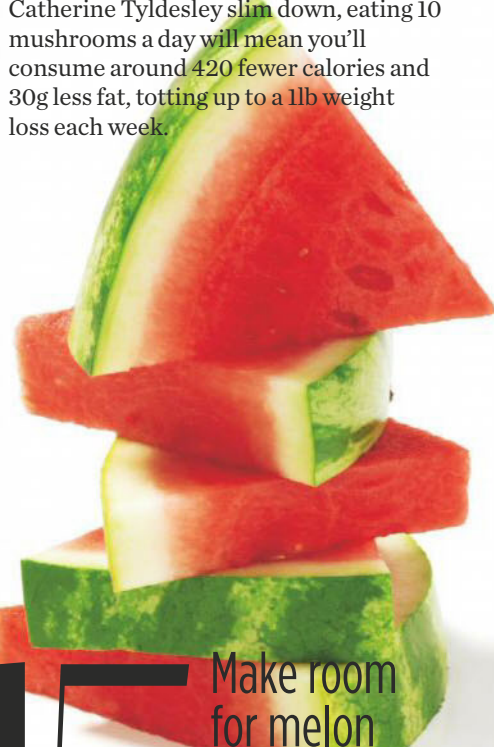
According to health broadcaster Jeannette Jackson, whose diet The M Plan has helped ex-*Corrie* star Catherine Tyldesley slim down, eating 10 mushrooms a day will mean you'll consume around 420 fewer calories and 30g less fat, totting up to a 1lb weight loss each week.

7 An apple a day

Apples contain fibre and an enzyme complex that helps burn fat and can help you shift 126 calories in the hour after you've eaten just one! Try to eat an apple before each meal to boost results.

15 Make room for melon

Eating watermelon after meals can prevent bloating and keep your tummy flat as it acts as a diuretic, blitting fluid retention. ☺



'I feel stressed all the time!'

We asked three experts what mum of two Maddy Thompson could do to relax



Sometimes I feel so overwhelmed by my to-do list, I find myself worrying about it when I go to bed.

With two children aged 11 and five, and having spent many years looking after my elderly mum, I'm always on the go. On top of that, I'm constantly facing deadlines at work and the pressure makes it hard to concentrate.

The stress was getting so bad that, a few years ago, I cut back to four days a week at work, so now I do all the household chores on Fridays.

I don't have much time for a hobby, but when I can, I go to gigs or see friends. But nothing seems to help and I struggle with stress every day. **Maddy Thompson, 45, from Glasgow**

THE HOMEOPATH

Susanne Haar, from nelsons pharmacy.com

There are several things that may help you feel calmer, Maddy. Calc Carb has traditionally been used to help alleviate feelings of being overburdened and worried, while Arsenicum Album could help with your nervous feelings around deadlines. These are taken in pilule form.

Bach Original Flower Remedies (bachflower.com) could help with your emotional levels. Try Rock Rose and Cherry Plum extract. Added to a drink of water, both can help you relax. But always seek medical advice before taking over-the-counter medicines.



THE DOCTOR

Dr Jonathan Rees, GP, Backwell and Nailsea Medical Group, North Somerset

Juggling the demands of a busy family life, as well as the stresses of work, can be extremely hard. It's no surprise that, at times, it starts to feel overwhelming. If it's affecting your day-to-day life, though, it may be worth seeing a counsellor. They can discuss stress management with you, to help you gain some control over the anxiety it causes.

It may also be useful to consider cognitive behavioural therapy, which manages your problems by changing the way you think, identifying negative thoughts and examining how you react to them.

Sometimes stress can be linked to depression, and it may be that medication could help – alongside the talking therapies detailed above. I would definitely see your doctor to talk this through.



THE NUTRITIONIST

Sarah West, sarahwest nutrition.co.uk

When we're busy and feeling stressed, we often rely on ready meals. However, while they might seem convenient, too much of these sugary and salty foods can strip the body of essential nutrients, which means we end up feeling more run down.

Stress can also make it more difficult for our bodies to absorb vital nutrients, such as B vitamins and vitamin C. Increasing your intake of B vitamins will help you to feel more energetic. Start by adding bananas, leafy green vegetables, avocados, nuts and seeds to your diet. Vitamin C can be found in oranges, broccoli and peppers.

Eating the right kind of food at the right time can have a huge impact on how the body handles stress. Try not to leave more than four hours between each meal or snack – no matter how busy you are.



THERE'S MORE...

* Stress is the feeling of being under mental or emotional strain. It can be triggered by lifestyle factors such as work,

money or relationships.

* It doesn't just affect your mood – it can lead to loss of appetite, problems with sleeping, concentration levels and even headaches. * Visit anxietyuk.org.uk

3

WAYS TO BOOST YOUR HEALTH THIS WEEK

The scientists have spoken! Try these tips for a healthier life...



Banish bugs

Not only are insect bites sore and itchy, but some leave

unsightly red bumps for weeks. With liquorice root extract (a natural anti-inflammatory), Bug Balm (£7.95 for a 30g tin, skinshop.co.uk), can help soothe itchiness and reduce swelling. It smells nice, too!

Grab your sunnies

We expose ourselves to more than seven times the safe limit of UV light, but it's not just our skin that's at risk – our eyes are, too. Limit damage to your vision, by wearing sunglasses – even when overcast. Visit thinkaboutyoureyes.co.uk for more info.



Magic beans

Bikini season has landed, so if you're looking to shift any extra pounds, try Nature's Way White Kidney Bean Extract (£14.99 for 60 capsules, natureswayuk.com). They act as a 'carb-blocker', slowing down the body's absorption of carbohydrates. ☪





Suzie Hayman has trained with Relate and been a counsellor for 20 years

Ask Suzie...

Having problems with your nearest and dearest? Solve your dilemmas with Suzie's expert advice

Should I tell her the truth?

Last year, my husband left me after having an affair. He's now living with this woman and wants a divorce so they can get married. The problem is our 10-year-old daughter blames me for the break-up and wants to go and live with them. I know I shouldn't, but I'm so tempted to tell her what a sleazeball her father is.

Suzie says:

Don't tell her. He's let you down and he's been an awful partner, but that doesn't

mean he's failed as a dad. How well he supports and loves your daughter may depend on you. If you put barriers in his way or bad-mouth him, it will only hurt her.

I'm sorry to hear that she's taking it out on you – kids often do turn on the parent who stands by them, as it's safer. She can't shout at him – he's already shown that if he doesn't like it, he'll go. So she vents her pain and anger on you.

What you really need to do is stop seeing this as a tug of war between you and your ex and start exploring what your daughter really needs.

For a start, I'd say that's more time with dad. You're seeing it as living with you or him, but she needs to know she belongs with both of you. Discuss how she could be with them on regular occasions – I would suggest alternate weekends and a few nights every week.

This needs careful planning so she always has what she needs for school and other activities. But trust me, the planning pays off. You can create a parenting plan online at cafca.gov.uk/grown-ups/parenting-plan.aspx – this will outline the practical issues of your daughter's living arrangements and help you put it into action.

I can't compare to his ex

For 10 years, I've been married to my husband – we love each other very much and are happy. We've both been divorced and the problem is his mother prefers his first wife. She takes every opportunity to talk about his ex and compares everything I do to her – she's better, prettier and more loyal. My parents are still on friendly terms with my ex, but they're loyal and welcoming to my husband. Why can't she behave in the same way?

Suzie says:

Divorce affects more family members than just the couple splitting up. Your husband's parents had a relationship with his ex-wife and mourned the loss of that relationship too. But your husband has moved on, as have you and your parents. So I'm not sure what to make of your mother-in-law's persistence. The only person who can deal with her is your partner – he should tell her to stop being so unpleasant. What you do is smile serenely, let it flow over your head and perhaps limit contact – if you and her son visit less, she may learn to be nicer.

He won't tell me why he's angry

When my new partner gets angry with me, he won't listen to what I have to say. If we've argued, the next day he refuses to answer his phone and ignores my texts. If I try to corner him, he says he's stressed or it's not the right time. This happens at least once a month and, while it does blow over, I never get to the bottom of what it's all about.

Suzie says:

Sometimes when we're upset, we revert to a childlike way of dealing with a problem. It sounds as if your man closes his eyes, blocks his ears and hopes the whole thing will go away – possibly because as a child no one ever listened to him.

When we feel like we're not being heard, we often stop trying to communicate. No one likes discussing touchy topics, but part of being an adult is facing up to it and talking it through.

Choose a time when you're both calm and tell him you sympathise with the fact he clearly never had help in sorting arguments, but that must change.

Next time he has a problem, he needs to talk and listen and take responsibility for expressing his feelings and needs. If he won't, this relationship isn't going to last.

Should I ask about her bruises?

A colleague came in the other day with a black eye, a sprained wrist and a story about having fallen on her path. I'd love to believe her, but I have a really bad feeling about it. Should I ask her to tell me the truth? And if someone hit her – who? She has a teenage son and a husband who always seemed nice. She's the kind of feisty, confident person you'd never think would be in an abusive relationship. But her story just doesn't ring true.

Suzie says:

I'm glad you're concerned and prepared to say something – domestic violence flourishes when people are too embarrassed to speak up. Noticing the bruises, asking, 'Are you OK? Can I do something?' can really help.

You're right – if it's violence, it could be

her husband or son, even if both seem lovely in public. And even feisty, capable people can be overwhelmed by such abuse – it often starts small and builds up so they feel they've lost the opportunity to object until it's too late.

But yes – sometimes a trip and a fall are the real causes, not a raised hand. If I were you, I'd express sympathy, invite a discussion and make sure she knows that anyone who is suffering violence can always contact womensaid.org.uk for advice, support and refuge.

WRITE TO SUZIE * BY EMAIL: Send an email to Suzie with your personal problem at asksuzie@timeinc.com
*** BY POST:** Family Dilemmas, Woman, Blue Fin Building, 110 Southwark Street, London SE1 0SU.

Meet the FFFs* *that's Fitness Friends Forever!

As Lorraine Kelly credits her amazing weight loss to her Zumba coach, Maxine, three women introduce the people who motivated them

'She helped me slim for my fortieth birthday'

Vicky McGorry, 39, lives in Liverpool with her son, Henry, eight.

I've only known Clair a year, but in that short space of time, she's turned my life around. And these days, I count her not just as my fitness instructor, but my friend, too.

I'd battled with my weight since having my son, Henry, in 2007 and splitting with his dad a year later. Feeling desperately lonely, I turned to food and, as the pounds crept on, I'd hide my figure under baggy tops and leggings.

In September 2014, I started thinking about my fortieth. It wasn't far off and, at 14st and a size 16-18, the idea of squeezing into a party dress filled me with fear. I dug out my favourite fitted blue dress, but was mortified to find it wouldn't do up anymore.

I knew I needed to do something and a week later, I saw an advert on Facebook for a cardio class nearby. With trepidation, I signed up and the following Sunday, I had my first consultation with Clair. 'I want to fit into that blue dress for my birthday,' I said firmly.

Three days later, I found myself trying to force myself into a strained sit-up, barely moving my chin and feeling hopeless. 'You can do it,' Clair smiled.

'Think of the dress!' I wasn't convinced, but I persevered, going to the classes up to four times a week. Soon, I was losing around 2lb a week.

In March, when I tried on my dress again, it fitted. Now, almost 3st slimmer at 11st 5lb, I'm finally looking forward to my milestone birthday in October – and it's all thanks to Clair.'

Clair, 35, says: 'Vicky had such low self-esteem when she started my class, so it's been amazing watching her grow in confidence.'

* herbalifeactive.co.uk

The fitness instructor



Vicky before her health kick and comfort eating meant she was 14st

'We never skip a class!'

Gill Mills, 55, lives in Surrey with her husband. They have three children.

'My daughters and I have always been close, whether we're watching box sets, gossiping on the phone, or going shopping – but more recently, our time has involved fewer visits to the high street and more press-ups in the pouring rain.'

When my children, Fred, Rosanna and Issy, were growing up, I was always too busy to go to the gym. But as they got older, I decided I really should do something to keep in shape.

In February 2012, I went along to my first exercise class in the local park. I was breathless as I jogged and did press-ups, but at 52 – a good 30 years older than some of the other people there – I was proud that I managed to keep up. I felt so energised that, back home, I couldn't stop raving about it and Issy and Rosanna decided to come along, too.

Doing it together means we never skip a class – we'd feel like we were letting each other down. And the girls are always shouting words of encouragement when I'm out of breath. But, more than anything, our bootcamp sessions are a great chance for us all to catch up after a busy week – even if we *are* caked in mud.'

Issy, 22, says: 'Mum might credit us with helping her, but she's so dedicated that sometimes, I struggle to keep up with her!'

Rosanna, 27, says: 'With three kids of my own, life can be busy – so it's a nice excuse to spend time with Mum and Issy.'



'He makes me much more competitive!'

Hetty Mercer, 35, lives in London with her husband Tom, who is the same age.

'When my husband Tom and I got married last summer, his speech was far from romantic – there were no tales of adoring first encounters or eyes locking across a room. Instead, he regaled guests with the story of how he'd spotted me for the first time, dressed in tatty gym clothes, hair scraped back and looking dishevelled.'

That first meeting was in January 2013, when Tom joined the British Military Fitness class near my home in London. I'd been going for the past 10 years, and for me, it was the best way of switching off from my hectic job as an events manager.

I remember chatting to Tom a few times and thinking he was good looking, but as I struggled through squats and star jumps, romance was the last thing on my mind. Then, four weeks later, my friend

Katie set me up on a blind date and when I turned up – it was Tom. I was surprised I recognised him out of his tracksuit!

The date went well and knowing he'd already seen me red faced and sweaty seemed to take the pressure off. Back in the class the following weekend, keen to impress him, I worked twice as hard at my squats and sit-ups. And through a strange combination of muddy workouts and candlelit dinners, we became an item.

In July 2014, we got married in Cornwall and a year on, we still work out together all the time. It's nice being able to share a hobby I love with the man I love.

It could be tempting to take it easy when your husband is the one trying to encourage you, but actually it spurs me on. It turns out I'm quite competitive. There's no slacking on my team!

Tom, 35, says: 'Hetty keeps me in check during workouts. She's been known to shout if I'm not doing my squats properly!'

* britmilfit.com



BREAKFAST

A medium bowl of porridge with 80g blackberries

* Breakfast is a good chance to get some bone-building calcium. A bowl of porridge made with around 200ml cows' milk (any kind will do) will provide a third of your recommended daily amount.



Adding blackberries to your breakfast boosts your intake of vitamins C and E

* Milk is also an important source of vitamin B2 (vital for skin and eyes) and you get about a third of your RDA here. Porridge made with milk and fruit supplies a fifth of your daily magnesium intake (for healthy muscles) along with B vitamins (including around a third of the daily B12, which is essential for nerves to function well). Oats are also a good source of fibre and slow-releasing carbohydrates to help keep your energy levels steady until lunch.

* Blackberries add around 15% of your daily vitamin C (for healthy skin and a strong immune system). Berries such as strawberries and raspberries would give you a bit more, but blackberries contain more vitamin E, an antioxidant that helps to protect cells from damage. Blueberries are lower in both vitamin C and E.

11AM SNACK

50g roasted cashews and a smallish banana (around 100g)

* The cashews provide nearly a quarter of your iron intake, and the banana contains magnesium, required for healthy nerves and muscles, as well as vitamin B6, which allows the body to store energy.
* The banana also provides a sixth of your daily potassium, needed to regulate blood pressure and the fluid content of the body.

LUNCH

Chicken salad sandwich

Chicken (at least 55g of meat)
6 cherry tomatoes
75g carrot batons
An apple

* Both the chicken and the grains in the bread (white or brown) provide B vitamins thiamin and niacin, which unlock energy from food. An egg sandwich would provide similar nutrient provision for vegetarians.

* This lunch also provides up to a fifth of your daily zinc (for healthy skin, cell repair and the immune system) and iron.

* Carrots are good sources of vitamin A: one carrot will provide your entire RDA.

* Tomatoes also add vitamin E, plus lycopene, an antioxidant linked with lowering the risk of a stroke.

* The apple adds potassium and some more vitamin C.



A chicken sandwich will keep your energy levels raised till dinner time

We all know getting the right amount of vitamins and minerals every day is crucial to our health, but often it's easier said than done. It's why millions of us take supplements to be sure our bodies get what they need.

But according to the National Diet and Nutrition Survey, one in four adult women still have a low intake of iron. Vitamin D, which is only found in high quantities in oily fish and is also formed by our skin when it is exposed to the sun, is also worryingly low, with 40% of us having especially low levels during the winter.

For those in a vulnerable group (pregnant or trying to conceive, aged six months to five years, or 65+) taking a vitamin supplement might be a good idea. However, experts say the best way to get our nutrients is through our food. Here we've put together a balanced meal planner that provides at least 100% of the recommended daily allowance (RDA) of all 17 major vitamins and minerals – and all for around 1,900 calories!

Your HEALTH
Yes, it is possible to get all the nutrients you need from

**YOU'RE
STILL
ALLOWED
WINE!**

DINNER

Salmon and spinach

140g (cooked weight) grilled salmon fillet
200g boiled new potatoes
3tbsp each of cooked spinach and garden peas
250ml glass of red wine

* Oily fish is one of the chief sources of vitamin D. Vegetarians can choose a Quorn or tofu-based dish in place of the salmon – it would meet all the RDAs for vitamin and minerals, with the exception of vitamin D.

* Vitamin D is only found in animal foods, so if you're a vegetarian you need to get it from supplements, fortified breakfast cereals, or by exposing your skin to the sun for 15-20 minutes (no sunscreen) each day between April and September.

* You get nearly 40% of your RDA of potassium from the potatoes.

* The meal also provides 93% of your daily recommendation of folic acid, needed with vitamin B12 for

For a huge hit of vitamin D and folic acid, tuck into a salmon dinner – with wine!

healthy blood cells. The lion's share comes from the spinach.

* The peas and spinach are sources of iron and calcium. The peas also give you vitamin B1, which unlocks energy from food.

* The red wine tops up your iron intake, providing a sixth of your recommended daily allowance.

4PM SNACK

150g pot low-fat fruit yogurt

* Yogurt tops up your calcium intake and boosts your iodine levels. This nutrient is important for thyroid function, which regulates your metabolism.


* The yogurt also provides B vitamins, including almost a fifth of your RDA of B12. Low levels of B vitamins can contribute to fatigue.

* Natural yogurt with your own added fruit keeps sugar low, but shop-bought flavoured yogurts contain about the same levels of nutrients.

THE GOODNESS IT'LL GIVE YOU

- * Nearly three times your recommended daily amount of niacin and vitamin A
- * Twice your recommended amount of potassium, vitamin D, vitamin B12, folic acid and energy-releasing vitamin B1
- * Up to one and a half times your daily amount of vitamin B6, vitamin E, vitamin C, magnesium, calcium, selenium, iodine, iron, vitamin B2 and zinc
- * PLUS this menu has nearly seven portions of fruit and veg ⁴⁰

THIRST day ever!
your daily diet – and still treat yourself to crisps and wine!



By the time the big day arrived, Kim and her ex had put their differences aside

Planning our daughter's wedding was like reliving our divorce'

Organising your child's nuptials is supposed to be a magical time for parents, but what if you happen to be separated? Kim Carillo shares her story...

Like any mum, when I heard the news that my daughter was engaged to the love of her life, I was thrilled. As we hugged and clinked champagne glasses, I made a note to set up a subscription to a bridal magazine and dig out my old wedding dress to show her. And as she began to make those all-important decisions, from choosing the venue to picking her bridesmaids, I was reminded of the time her father and I embarked on that same magical journey into married life.

Only, the man in question is no longer my husband – he hasn't been in 15 years. And so I found myself navigating the uncharted territory of planning a wedding – with my ex.

I was 23 when I first met him, and after a brief courtship, two years later, we married. We had a similar sense of humour and those early years were happy. In 1988, we had our daughter, Catherine, followed by our son, James, a year later, and – for a while at least – we were content.

But somewhere along the way, we lost that bond. Working together, as well as living together, our relationship fractured.

After 15 years of marriage, we agreed to go our separate ways, and a divorce followed.

We both moved on. My ex had a string of relationships and I too found love again, with a man named Charlie. Three years later, we got married.

Living apart

Though my ex and I didn't see much of each other, there were times when we had to meet. And when Catherine and Kris got engaged on New Year's Eve 2013, it dawned on me that my ex would be back in my life again – and not just fleetingly. With my husband Charlie working in



hater's

my shoulder to see my dog digging up his vegetable patch, then cock his leg over the basil plants. Before I could do anything, he caught the dog in the act, prompting yet another furious exchange.

But to my surprise, when we next met again, he'd softened. He admitted that he'd been able to see the funny side. And as we laughed together, we didn't see each other as annoying exes, but as old friends.

Moving forward

Back home, I realised that as well as being a special time for Catherine, this wedding could mark the start of a new chapter for us, too – if only we let it. I picked up the phone and called my ex. I think he felt like I was calling all the shots, while I thought I'd just been going along with what Catherine wanted. We agreed that the best gift we could give our daughter on her wedding day was two parents who could get along. By the time we hung up, an hour later, I felt confident we could put our differences to one side.

Our relationship didn't change overnight, of course. When we visited the venue and he announced that we should import the flowers to save on costs, I thought of Catherine's much-loved woodland theme, and I knew her father's latest idea would break her heart. But instead of raising my voice, I suggested that while it was a good idea in theory, he'd need to consider flower arrangements and vases, too. Minutes later, he'd changed his mind. By staying calm and being rational, we found ourselves on the same page.

At long last, in January this year, the wedding day arrived – and something magical happened. As we watched our beautiful daughter get ready for the biggest day of her life, we found ourselves overwhelmed by love for her. This day wasn't about us – this was her adventure.

Through laughter and happy tears, we helped Catherine and Kris have the best day of their lives. As I sat at the top table, with my husband Charlie on one side and my ex on the other, I said something

that made them both laugh. 'You know what,' I said. 'I can be a lot of fun.' My ex looked at me with a smile on his face. 'You *are* a lot of fun,' he replied.

It was the closest thing to a compliment I'd heard from him in years – and I took it as a sign of our truce. As to whether it will last, only time will tell. But with our son James yet to wed, we'll find out soon enough...

HOW TO HAVE A HAPPY DIVORCE

Psychologist Emma Kenny (ekenny.co.uk) says: 'If former partners are to get along, they need to stop viewing each other as exes who have hurt each other and start seeing each other as people, or in the case of couples with children, as parents. For example, don't focus on what makes that person a poor partner, but on the traits that make them a great parent.'

If you find yourself experiencing hostility in front of your children, stop, and imagine the future when your children are adults, looking back on their childhood. Doing this will increase your desire to create a happy memory.

Building a new relationship with an ex isn't easy, but it's the healthiest course of action for all concerned.'

WE STAYED FRIENDS TOO!

They might have consciously uncoupled in 2014, but A-listers Gwyneth Paltrow and Chris Martin are so close that they've even been on holiday together. Billie Piper and Chris Evans got divorced eight years ago, but they still enjoy each others' company – Chris is also friends with Billie's new husband, Laurence Fox. Meanwhile Helena Bonham Carter and Tim Burton have been spotted enjoying days out together, despite splitting last year.



Kim sitting in between her ex and her new husband, Charlie, at the top table

New York for a few months, I suddenly found myself spending more time with my ex than ever as we planned the wedding.

Despite our best intentions, we were unable to agree on anything from the venue for the engagement party to the flowers, so it wasn't long before we were bickering. And having agreed to contribute equally to the budget, neither one of us had more sway.

Before long, an air of tension began to linger over every meeting and I felt like we were reliving our divorce all over again.

Eventually, everything came to a head. We were at his house when I looked over

'WE DIDN'T AGREE ON ANYTHING'



Setting a good example: these celebs have managed to keep the peace after splitting



BRILLIANT BURGERS

...but not as you know them!

Loaded with flavour and piled high – these are the tastiest burgers you'll ever eat

Pesto portabellini sliders

Vegetarians can enjoy these mini mushroom burgers – meat lovers will find them pretty irresistible, too.

SERVES 4 PREP 10 MINS COOK 10 MINS

- * 12 portabellini mushrooms
- * 2tbsp olive oil
- * 2 cloves garlic, crushed
- * 2tbsp pesto
- * 150g goat's cheese log, cut into 12 slices
- * 12 slices roasted red pepper from a jar
- * 12 mini slider buns (available from M&S)
- * 3 tbsp reduced fat mayonnaise
- * 30g baby salad leaves

- 1 Heat grill to hot. Arrange the mushrooms in a single layer on a foil-lined grill pan. Mix together the olive oil, garlic and pesto and brush half of the mixture over the mushrooms. Grill for 3 minutes to soften.
- 2 Turn the mushrooms and brush with the remaining pesto mixture and grill for a further 3 minutes until cooked through.
- 3 Place a slice of goat's cheese on the top of each mushroom and place the peppers

on the foil. Grill for a further 3 minutes until the cheese is warmed through.

- 4 Cut the buns in half and toast the cut sides. Spoon a little mayonnaise on to each bun base. Top each with a mushroom and cheese slice and slice of pepper. Place a few baby salad leaves on the top and serve with the bun lids.

Per serving: 603 calories, 31g fat (9g saturated), 60g carbs

Food Ed's tip
Portabellini mushrooms are baby portobello mushrooms. If you can't get them, use large chestnut mushrooms instead.

Bloody Mary burgers

With bagel thins, this is the perfect beach body burger

**SERVES 2 PREP 10 MINS
COOK 10 MINS**

- * 2 x 100g fillet steaks
 - * 1tsp Cajun seasoning
 - * Extra Virgin Olive Oil Spray
 - * 1 tomato, chopped
 - * 1tbsp Levi Roots Reggae Reggae BBQ sauce
 - * 1tbsp tomato ketchup
 - * ½tsp Worcestershire Sauce
 - * 1tbsp vodka (optional)
 - * ½ red onion, sliced
 - * 2 slices reduced-fat haloumi cheese
 - * 2 seeded bagel thins (we used New York Bakery Co)
 - * 1tbsp low-fat mayonnaise
 - * Chopped iceberg lettuce, sliced tomato and Spiralized courgettes (Tesco), to serve
- 1** Heat a griddle or frying pan. Rub Cajun seasoning over both sides of each fillet steak. Spray the pan with a spritz of oil, add the steaks

and cook for 3 minutes.

2 In a small bowl mix the chopped tomato, Reggae Reggae sauce, ketchup, Worcestershire sauce and vodka, if using. Set aside.

3 Turn the steaks and cook for a further 3 minutes for medium, or a little longer for well done. Remove the steaks from the pan, cover and leave to stand.

4 Wipe out the pan with kitchen paper. Add another spritz of oil and add the onion slices and haloumi cheese. Cook for 2 minutes, turning once, until browned.

5 Toast the cut sides of the bagel thins, then layer up with mayonnaise, lettuce, tomato slices, onion, steak, haloumi, Bloody Mary relish and spiralized courgette.

Per serving: 636 calories, 13g fat (4.5g saturated), 27g carbs



Food Ed's tip
Any leftover pulled chicken is great cold with salad in a wrap or pitta for lunch the next day.

Pulled chicken bikini burger

This takes four hours to cook, but you don't have to do much – just let your oven work its magic.

SERVES 6 PREP 10 MINS COOK 4 HOURS 15 MINS

- * 1 onion, chopped
- * 2 garlic cloves, crushed
- * 1tbsp olive oil
- * 2tbsp chipotle paste
- * 400ml passata
- * 5tbsp BBQ sauce (we used Stokes)
- * 1.5kg chicken
- * 2tbsp chicken seasoning
- * 4 brioche burger buns
- * 6tbsp sweetcorn relish (we used M&S)
- * Salad leaves, to serve

1 Heat the oven to 160°C, Gas 3. Put the onion and garlic in a flameproof casserole with the chipotle paste,

passata, BBQ sauce and 100ml water.

2 Rub the chicken all over with the chicken seasoning and place in the casserole. Cover and cook for 4 hours.

3 Using two forks, shred the chicken, removing all the bones.

4 Halve and toast the brioche buns. Spoon some sauce over the bun bases.

5 Pile pulled chicken on the top with sweetcorn relish and salad leaves. Secure the bun lids on the top with a small wooden skewer. Serve with salad leaves.

Per serving: 365 calories, 8g fat (3g saturated), 30g carbs



Bikini alert!
Serve these without the halloumi and they'll be half the calories – just 317!

It's your

WEEKEND



Witness protection becomes a two-way street for a conventional cop and her loose cannon of a companion

Going out

The **ONE** great film

HOT PURSUIT

WHO? Reese Witherspoon and Sofia Vergara.

WHAT? An uptight, by-the-book cop (Witherspoon) fights to protect the lively widow (Vergara) of a drugs baron. The pair get caught up in a hell-raising ride through Texas, with crooked cops and murderous gunmen hot on their heels.

WHY? To see a kick-ass film with its heart in the right place and women at the helm.

WHY NOT? If you're not a fan of shoot-em-up cop films.

THE VERDICT: Absurdly funny and a tad surreal in places, this is lovable, knockabout buddy comedy at its best.

OUT 31ST JULY ★★ ★

My weekend top 5

Andrea McLean

WATCHING

I love TV dramas. I'm currently engrossed in *The Syndicate* and *Sense8* on Netflix.

EATING

As much as I love eating, I don't like cooking, but I can do a roast in winter. In the summer my dad comes round and does a mean BBQ.

LISTENING

Sometimes I'm in the mood for heavy rock! But on a quiet day it's James Taylor or Carole King.

BUYING

I'm a keen gardener, and right now I need a new trellis and some furniture for outside.

MY PERFECT WEEKEND

I'd always be with my family. I live near my parents and I feel so relaxed when everyone's chilling in the kitchen.

*** Andrea McLean is encouraging people to shop in British Heart Foundation Furniture & Electrical stores and donate their unwanted furniture. Find out more at bhf.org.uk/shops**



Andrea's hopping for fine garden weather, with her dad on BBQ duties

All you need to make it a great one

Book it now!



THE GREAT BRITISH FOOD FESTIVAL

With food traders, live music, kids' entertainment and home brewed ale, three weekends of foodie fun for all the family are coming to Cumbria, Warwickshire and Cheshire in late August and September. Adult tickets from £7.50, children from £3.50 – see greatbritishfoodfestival.com.



BUGSY MALONE

Fat Sam's Grand Slam has come to London, so if you're anybody who is anybody, then get your ticket to hang out with Bugsy, Tallulah and Blousey as Alan Parker's groundbreaking 1976 film musical is brought to vivid life for this stage revival. **Until 5th September, Lyric Theatre, Hammersmith. Tickets from £15 – see lyric.co.uk**



LYTHAM FESTIVAL

An oasis of music, comedy and culture, this little known Lancashire festival features a wealth of talent including performances from McBusted, Faithless, Rebecca Ferguson the Royal Philharmonic Orchestra and Elaine Paige, as well as R&B sensation Billy Ocean. **2-9 August 2015, tickets from £35 – see lythamfestival.com**

Great days out

CLASSIC CARS!

You're sure to have a wheely good time at one of these festivals and attractions



ROCK ON!

1 CARFEST NORTH, OULTON PARK, CHESHIRE

This popular festival run by Chris Evans supports Children in Need. As well as the motors, there's a long line-up of live music and yummy food and drink. **31 July to 2 August. Prices: Adult day tickets, £60, children, £11. See carfest.org**



GREAT GARDENS

2 NATIONAL MOTOR MUSEUM, BEAULIEU

There are over 250 cars and motorcycles in this Hampshire museum. Stately Palace House and its magnificent gardens are well worth a visit too. **Prices: £24 for adults and £12 for children. See beaulieu.co.uk**



HIT THE ROAD

3 HAYNES MOTOR MUSEUM, SOMERSET

From pioneering vintage cars to supercars, there are over 400 vehicles to see at this exciting attraction near Yeovil, as well as summer family activities to enjoy, including karting. **Prices: £13.95 for adults and £8.25 for children. See haynesmotormuseum.com**

WORDS: CHLOE THOMAS, KRISTIN ROMER-LEE. PHOTO: PA

Staying in Well, who doesn't like a ni

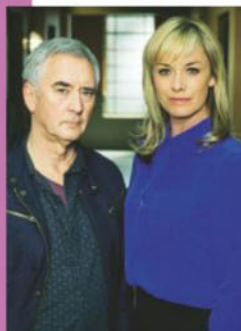


US star Kirstie Alley steps back in time

What to record next week

TIME CRASHERS **SUN, C4**

Celebs including Fern Britton, Kirstie Alley and *Corrie*'s Charlie Condou take part in this reality show with a twist as contestants spend 24 hours immersed in different time periods. Sure to be good fun!



NEW TRICKS

TUES, BBC1

Former *EastEnders* actress Tracy-Ann Oberman joins the cast as forensic pathologist Fiona, as the gang return to solve more complex cases in the drama's final series.



IF KATIE HOPKINS RULED THE WORLD

THURS, TLC

Controversial rent-a-mouth Katie is joined by celebrities and experts to debate the hot topics of the day in her very own chat show. Expect a few fireworks.



SUITE FRANCAISE

OUT NOW

The English Patient's Kristin Scott Thomas and *My Week With Marilyn*'s Michelle Williams star in this wartime drama set in France, as two women fight the reality of their desperate situation.

One show
NOT to miss



THE GREAT BRITISH BAKE OFF

WED, BBC1

WHO'S IN IT? Sue Perkins and Mel Giedroyc are back on hosting duty, while celebrity chefs Mary Berry and Paul Hollywood get their judging aprons on.

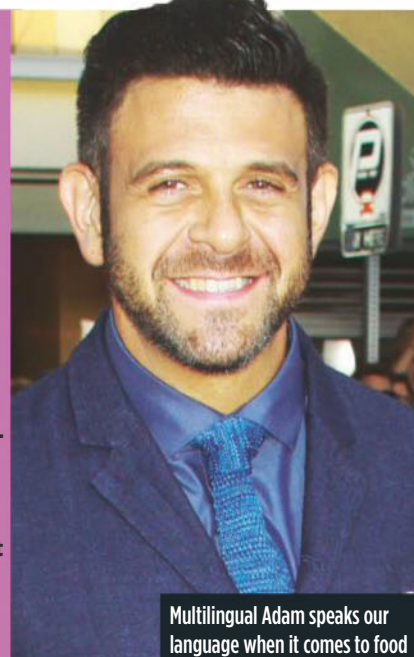
WHAT IS IT: A fresh batch of baking wizards will enter the Bake Off tent, but after whipping up a storm, only one will emerge victorious. With weeks of soggy

bottoms, stiff peaks and hot buns, the trophy will be just the icing on the cake for the eventual champion – Bake Off's Best Amateur Baker. **YOU'LL LOVE IT:** If you enjoy all the cheeky innuendo just as much as the shots of mouth-watering delicacies that tempt you to go and raid the biscuit tin. **YOU'LL HATE IT:** If you're on a fasting day on the 5:2 diet!

SIX STAR SECRETS

Adam Richman

- 1** When I was a teen, my cousin and I got our left ears pierced and didn't tell our parents.
 - 2** I once drove across the United States from coast to coast, by myself, in just two days.
 - 3** My Muppets impersonations are legendary. I can do them all – even Miss Piggy!
 - 4** A few years ago, I lived on a Native American reservation. I acted in plays for them.
 - 5** I speak near-fluent French as well as Hebrew.
 - 6** Spurs is my football team, but I also support Grimsby Town!
- * Catch Adam in *BBQ Champ*, Fridays on ITV



Multilingual Adam speaks our language when it comes to food

THE
ONE
DVD

ght on the sofa?



How do you fancy a Mary Berry and Paul Hollywood sandwich?

WATCH IT ON CATCH-UP TV

Parks and Recreation

DAVE

Are you a new Chris Pratt fan after *Jurassic World*? Then you might want to see him as his loveable alter-ego Andy Dwyer (below) in series four of the quirky US sitcom.



Hair

BBC IPLAYER

Comedian Katherine Ryan hosts this battle of the barnets as amateur hair stylists compete to create the snazziest dos to impress the judges, including royal hairdresser Denise McAdam.



My favourite apps

JANE ASHER



Words with Friends

'I'm totally addicted to this free social word game, and I'm sure I waste far too much time on it. But it's actually a great tool for sharpening your skills.'



British Airways

'Having travelled a lot for work recently, I've really appreciated this app - fast and efficient for keeping track of bookings and boarding passes.'

* Jane stars in *The Gathered Leaves* at London's Park Theatre from 15 July to 15 August. See parktheatre.co.uk

Soap's big scene

EMMERDALE

Debbie's big day finally arrives, but as ever in Soapland, things don't go smoothly after Ross rows with Pete on the stag do and confesses he's Moses' dad. But that's just the beginning of a wedding day to forget when Ross threatens to reveal his affair with Debbie. She begs Cain for help, but as he takes matters into his own hands, has he gone too far?

AND THE BEST OF THE REST

CORONATION STREET

Sarah grows wary of Callum when Max finds a gun in his bedroom. Can she trust him? Plus, Carla makes a shock confession when she returns from her holiday, and Sally discovers she still has feelings for Kevin.

EASTENDERS

Vincent's battle with Phil heats up as Denise tries to persuade Kim to end things with Vince.

DON'T MISS IT!



Will Debbie choose Ross over his brother Pete?

Food for the weekend

You have the time, so indulge yourself...

...buy this

DIY DELI DINNER

Share this cut-and-come-again supper. You'll find these goodies in Morrisons.



BRILLIANT BREADS

We love the **Olive Artisan Bread**, £1, **Mature Cheddar and Onion Foccacia**, £1, **Honey & Sunflower Star**, £1.59. Perfect with **Olives**, £1.59, and **Beetroot Dip**, 99p.

TASTY PROTEINS

Buy differently textured cheeses and serve with cold cuts. **Wensleydale with Cranberry**, £2, **German Smoked**, £2, **Blue d'Auvergne**, £2, and **Brie**, £2, **salami**, £1.50, and **Parma ham**, £2.



A TWIST ON QUICHE

Goat's Cheese and Caramelised Onion Quiche, 400g, £2.69 – best served slightly warmed with **Spinach, Rocket, Red and Ruby Chard**, 99p, for a healthy crunch.



FRUITY 99s

Jazz up your cones by adding chopped strawberries to **NuMe Light Vanilla Ice Cream**, £2, and finish with a strawberry slice.



...and to drink

Chill a couple of bottles – **M Signature Soave**, £5.99, and **Maison Laurent Beaujolais Nouveau Rosé**, £8.99. They are both light and refreshing, and complement the cheese and cold meats.



MAKE IT IN 1 HOUR



...make this

CELEBRATION RASPBERRY AND ALMOND MACAROON CAKE

SERVES 16 PREP 30 MINS PLUS FREEZING TIME COOK 30 MINS PLUS COOLING TIME

For the cake:

- * 300g unsalted butter, softened
- * 300g golden caster sugar
- * 6 large eggs, lightly beaten
- * 300g self-raising flour, sifted
- * 1½tsp baking powder
- * 100g ground almonds
- * 3tbsp milk
- * 1tsp almond extract

For the filling and decoration:

- * 150g raspberry jam
- * 300g unsalted butter, softened
- * 600g icing sugar
- * Pink food colouring gel
- * 40 macaroons
- * Cake sparklers

1 Preheat oven to 170°C, Gas 3. Grease and baseline three x 20cm round cake tins with baking parchment.

2 Using an electric mixer, cream the butter and sugar until pale and soft. Add eggs, flour, baking powder, almonds, milk and almond extract. Whisk until smooth.

3 Divide the mixture equally between the three tins and level the surface with the back of a spoon. Bake for 30 mins until risen, golden and a cocktail stick inserted into the centre comes out clean. Turn out on to a wire rack to cool.

4 When cooled, trim to level the tops then sandwich together with raspberry jam.

5 To make the buttercream: using an electric mixer, beat together the butter and icing sugar until soft and creamy. Mix in a little pink food colouring. Spread the buttercream around the sides and over the top of the cake with a palette knife.

6 Stick the macaroons around the cake. Finish with cake sparklers.

Per serving: 744 calories, 40g fat (20g saturated), 88g carbs

FOOD ED'S TIP
We used M&S macaroons but they're widely available from most supermarkets in a wide variety of colours.

SUPERMARKET deals

Our Food Editor Felicity tracks down this week's supermarket best buys...



FOR DELICIOUS
IDEAS & RECIPES,
visit our
WEBSITE
WOMANMAGAZINE.
CO.UK



BOOZE BARGAIN

In the mood for Italian? Get down to Asda for Extra Special Fiano, **usually £7.50, now £5**, or the delicious Extra Special Barolo, **usually £15, now £12**.

Get it before it goes!

Aldi's vintage home range is in store for a limited time only. Treat yourself to this Vintage-Style DAB & FM Radio, **£39.99** – ideal to listen to when you're cooking. And this Indoor Wooden Lantern, just **£9.99**, will create a cosy mood when you're dining in!



RETRO
RADIO



JUST
£1
EACH

TERRIFIC TEX-MEX

It's Mexican week at Lidl. You can bag Meadow Fresh Tex-Mex Multipack for just **£1.79** or 2 for **£3**, and the Old El Paso Oven Baked Crispy Chicken Fajita Kit is just **£1.99**. Serve with red onions, marinated in vinegar, and fresh coriander.



PICNIC FOR A POUND!

Fancy an impromptu picnic in the park? Head to Sainsbury's to get Pimento Stuffed Olives with Garlic & Parsley, usually **£1.80**, Taste the Difference Barber's Mature Cheddar Coleslaw, usually **£1.80**, and 4 Crusty Bake Snack Pork Pies, usually **£1.75**, for just **£1 each**.

3 BEST BUYS TO THROW IN THE TROLLEY

DELICIOUS DESSERT

From Sainsbury's
Limoncello Desserts,
usually £1.50,
now just £1



REAL COFFEE

From Co-op
HALF
PRICE!
Taylors
Rich Italian
Ground
Coffee,
**usually
£3.89,**
now £1.94



BRILLIANT BISCUITS

From Morrisons
McVitie's Milk
Chocolate Digestives,
**usually £1.39, now
just £1**



PEACH TART

Unroll 1 x 320g sheet puff pastry on a baking sheet. Top with 50g each caster sugar and ground almonds, plus 6 stoned and sliced peaches. Dot with 15g butter. Fold pastry edges in. Bake at 200°C, Gas 6 for 45 mins. Brush with apricot jam to serve.



Morrisons
Peaches and
Nectarines,
99p for pack of
4 – or 2 packs
for £1.50

Bermuda medium sofa in Harrez Texture natural, £749; Bermuda side table, £179; Miriam ceiling shade, £49.50; wide stripe throw, £35; embroidered moth cushion, £25; Bantry weave cushion in yellow, £12, all M&S

Conservatory CHIC

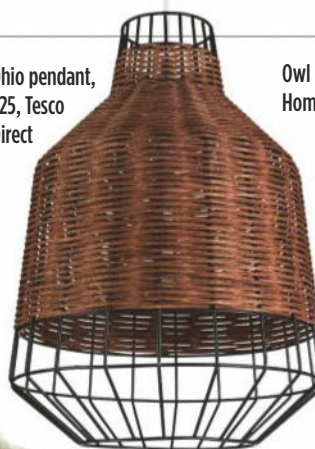
*Create a great
garden room
with these stylish
accessories*

Conran large glass pendant, £179, M&S



Mini terracotta-effect candle pots, £5 for 3, Sainsbury's

Ohio pendant, £25, Tesco Direct



Owl planter, £19.99, Homebase



Mala rattan low round storage basket with lid, £129, artisanti.com

Ferm Living wire basket, £134, amara.com



4 Seasons Outdoor chair, £249, whitestores.co.uk



Capital storm lantern, £89, Oka



Grey throw, £59, marquisanddawe.co.uk



Green fern tea-light holder, £9, marquisanddawe.co.uk



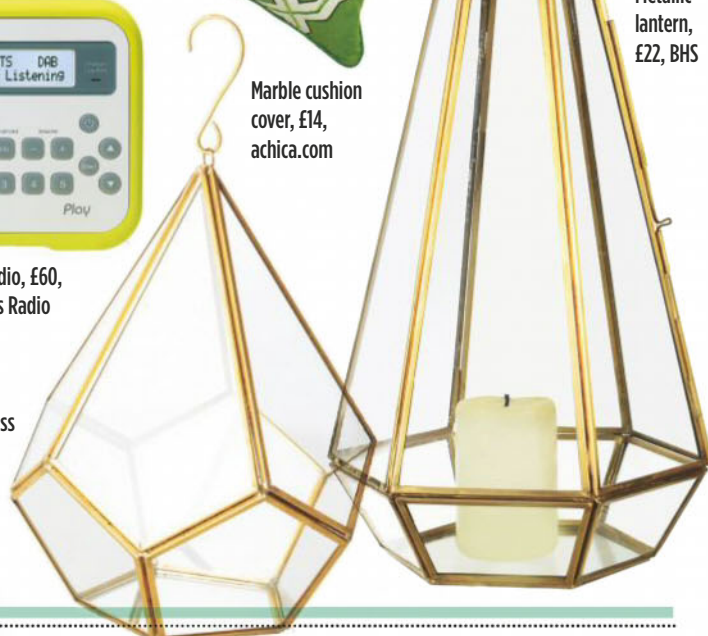
Hum plant pots, £13 each, hum-partnership.com



Play radio, £60, Roberts Radio



Matching side table trio, £199, puji.com



Metallic lantern, £22, BHS

Marble cushion cover, £14, achica.com



Greenwich wrought-iron outdoor chair, £365, Oka



Woven stripe cushion, £20, House of Fraser

Gold and glass lantern, £32, Oliver Bonas

7 reasons to love online bingo!

More and more women are joining the fun every day! Here's why...

1 YOU CAN PLAY ANY TIME AND ANYWHERE

Online bingo is a great way to have fun any time and anyplace. Taking just minutes to join, you can begin playing on your smartphone, tablet or desktop wherever and whenever you wish. So you can win big prizes on the go, or at home in your PJs!

2 BIG WINNERS EVERY DAY

There are always huge jackpots to be won. Over £15 million was won in Progressive Jackpots last year on *Woman Bingo*! Plus there are prize draws and free games, with new promotions every week.

3 BINGO IS GOOD FOR THE BRAIN

A study at Southampton Uni concluded people who played bingo fared better at certain mental activities than non-players.

4 CHAT AND MAKE NEW FRIENDS

Online bingo is great fun. On *Woman Bingo* you can have a laugh and natter with other members all over the UK, sharing stories and giving each other support. Plus there are chat hosts on hand to help who sometimes run fun chat games where you can win a few quid. Simply type comments in the box next to the bingo game to join in.

5 GAMES COST FROM JUST 1P!

There are games to fit every pocket. On *Woman Bingo* the value bingo rooms are Tiki, Cloud and Emerald. Tickets cost from 1p, 2p and 5p. Try out most games for free in demo mode to find the ones you like.

6 IT'S SO EASY

Once a game starts, your auto dabbler marks off your numbers for you, so you never miss a number or lose a game.

7 AMAZING WELCOME BONUS!

When you join *Woman Bingo* and make your first deposit you'll get a 250% Welcome Bonus. So if you deposit £10, we'll give you an extra £25, so you'll have £35 to play*. That's 3,500 games!**. The more your first deposit the bigger your bonus - you can get up to £250 extra to play*! When you make your first deposit, tick 'Yes' to accept the Welcome Bonus.

**Based on 1p games

GET £25 FREE-PLAY!*

HOW TO CLAIM

- 1 Join the fun at womanbingo.com
- 2 Register and enter code **WOMANG32AD**
- 3 Deposit £10 to play and get an extra £25. That's £35 to play!

woman Bingo.com!

Terms and conditions: *New customers only. Registration required. 18+, UK only. Valid until 31 August 2015. Minimum £10 deposit. You must enter the code WOMANG32AD on registration and accept the Welcome Bonus when you deposit £10 to receive £25 Welcome Bonus to play. 250% Welcome Bonus - max £100. Welcome Bonus must be wagered twice before withdrawals (including, but not limited to, any cash winnings or deposits related to the applicable bonus) from your member account. Wagering requirements apply. The Welcome Bonus will expire within 30 days if not used in its entirety. Cash-out restrictions apply. *Period 1 November 2013-31 October 2014 as part of the Jackpotjoy Network. See full T&Cs at womanbingo.com. For 24-hour support, freephone 0800 458 0770. Play responsibly, visit gambleaware.co.uk

gambleaware.co.uk 18

MARTIN CAN SAVE YOU MONEY



*MoneySavingExpert.com's
Martin Lewis is fighting to save you £££s*



DON'T LET STUDENT FEES PUT YOU OFF UNIVERSITY

Across the UK, universities are opening their doors to sell their wares to a new batch of prospective students. But many are wrongly scared off by the '£50,000 of debt' that some in the media like to shriek about.

On the surface, things have got even worse, as the Chancellor announced in the last budget that student grants will be cut in 2016. Yet throw away your preconceptions – let me explain why all is not as it appears.

HOW DO STUDENT LOANS WORK IN PRACTICE?

I'd argue that these aren't really loans at all – in reality they're more like a tax, so we should rename it a 'graduate contribution', as other countries call it. There's a more detailed explanation at mse.me/student-mythbusting, but here are some of the main things to know:

1 You don't pay upfront. Fees, which for most full-time students in England are £9,000 a

year, are paid for you, and you also get money for living costs.

2 You start to repay this loan once you've left, but only if you earn £21,000 or more.

3 You repay 9% of everything you earn above £21k. So that means the more you earn, the more you repay monthly.

4 The loan's wiped after 30 years – whether you've repaid a penny or not.

5 Employers take payments out of your salary before you get it, like income tax, so no one is chasing you for the money.

6 Interest is added to the loan at inflation + 3% while studying, and between inflation and inflation + 3% afterwards, depending on what you earn. Though only those who pay enough to clear what they borrowed in full over the 30 years actually pay it (fewer people than you might think).

* To see how much you'll pay, see mse.me/studentcalc

WHAT ARE THE CHANGES TO STUDENT GRANTS?

Currently, some students can have some of the maintenance loan (money for living) they get replaced by a non-repayable grant. If your family income is under £25,000 a year, you get the maximum grant – £3,387.

For new students starting in September 2016, this grant is scrapped and all the amount you get is as a loan.

This isn't as bad as it sounds. On my calculations, those who will need to shell out more will be people on starting salaries of way over £30,000, which rise above inflation after.

Perhaps more importantly, the loan's been increased – useful as some struggle

to cover basic living costs on the current amount.

The system works differently in other parts of the UK: Scottish students in Scotland don't pay tuition fees, Northern Irish students studying in Northern Ireland pay a fixed price of £3,685 in 2015, while Welsh tuition fees are £9,000, but the Welsh Government subsidises this for Welsh students, so they only borrow £3,685 in 2015.

For those crossing borders it gets complex, so check the Students Awards Agency Scotland (www.saas.gov.uk), Student Finance NI (www.studentfinance-ni.co.uk) and Student Finance Wales (studentfinance-wales.co.uk).

HOW DO I APPLY FOR FINANCE?

Those going this year should have already applied. If you haven't, you can apply up to nine months after you start – it's just likely to be delayed. Go to Student Finance England (gov.uk/student-finance-register-login) or follow the links above for others.

ARE THE TERMS OF STUDENT LOANS FIXED?

They should be, yet the Government announced in the Budget it's considering freezing the amount you start repaying from at £21,000. It was due to rise with average earnings from April 2017. This is effectively a retrospective price hike and will cost many students more.

I've been campaigning against this and I believe this put the Government off doing it, thankfully, just yet. Feel free to write to your MP about it. ☺

Martin's hot deals

HANDY FREE
TRAVEL HELP



Forward your confirmation emails (flight, hotel, car hire) and nifty free app TripIt instantly organises them into an itinerary. Download it for free at the iTunes Store or Google Play.

£150 DAILY CASH PRIZE

Freepostcode lottery.com is a fun, totally free, daily prize draw. You sign up, then a registered postcode is selected randomly at each day for a £150 prize, which rolls over if it's not claimed within 24 hours. The pot is split if multiple winners with the same postcode claim.

* Get Martin's FREE tips and money-off vouchers emailed directly to you each week by signing up to moneysavingexpert.com/tips



Alone together by Fiona Walker

'How romantic!' Laura's friends had said when she told them she and Johnny were finally returning to Ibiza. They'd first met there 30 years earlier as students, acid house dancing through the second Summer of Love, then visited again in their twenties for Johnny's famous 'engagement ring in vodka jelly' proposal. 'So lovely that you'll get the chance to be alone together now the children have flown the nest.'

Yet Laura never felt alone with her husband these days; Johnny carried an audience with him everywhere as his Facebook friends and Instagram followers were updated hourly. Holidaying with him meant sightseeing on a live feed and sunbathing in megapixel close-up.

They were staying in a small hacienda complex amid the olive groves, a far cry from the noisy hotels, rave clubs and all night bars where they'd once danced until dawn. Here, only the reedy thrum of cicadas and hollow clatter of goat bells punctuated the silence as they relaxed by the pool, along with Johnny's occasional tuts of irritation as he played the android SIM game he was addicted to.

We used to stay up all night on holiday

planning our lives, Laura thought wistfully, looking up from her book at his focused face, earphones cutting him off from her.

Her tactic of booking somewhere without Wi-Fi had been scuppered by a large phone mast on a nearby hill which meant Johnny could sign up to unlimited data roaming for the week. Unflattering bikini shots of her were already plastered proudly all over his Facebook wall.

Later, in a nearby restaurant, he

photographed their food while she watched other couples and wondered how they found so much to talk and laugh about. That evening, a man at an adjacent table proposed to his girlfriend with a solitaire in a glass of champagne and received

a round of applause when she said yes.

'Remember that feeling?' Laura smiled as she watched the young lovers' wide-eyed joy.

But when she turned to Johnny, he was uploading a clip to Youtube. 'Too dull to go viral, but a definite holiday highlight.'

That's us right now, thought Laura. Too dull to go viral.

It wasn't that their marriage was bad, it was just they'd lost sight of how to have fun

in the sun. Ultra-competitive Johnny made sure that in the one-upmanship of social media, theirs came across as the perfect holiday, but Laura longed for more togetherness than 20 'likes' every time her husband shared a body-surfing shot of his hairy legs and sunburnt feet alongside her painted toenails.

'Let's make our own highlights this week,' she suggested. 'Ones that we don't share with anyone.' But he just laughed and took a snapshot of their desserts.

The next day, Laura took action and hid his phone charger. By late morning, he was down to 10%. Soon she'd have him all to herself at last.

'Let's go to our favourite beach,' Johnny suggested, and she brightened, remembering the treacherous moped rides they'd once undertaken to discover the hidden cove where they'd sunbathed naked on the old wooden pontoon.

But 'our beach' turned out to be the flesh-packed, gaudy stretch of San Antoni where they'd first hung out before they knew better.

Here, Johnny bought a solar phone charger from a tourist shop, picking up a water pistol shaped like a mobile phone for Laura as a joke, then sulking when she

**'REMEMBER
THAT
FEELING?'**

refused to pose with it for Instagram.

'Let's take out a pedalo,' she suggested instead, remembering the laughter in those early days when they'd repeatedly capsized trying to avoid the banana boats and jet-skis.

'Can't risk our stuff getting wet,' he said dismissively, finding two free sunbeds before putting in his earpieces and closing his eyes, his crow's feet already pale threads against his tanned face, his scalp turning mahogany where his grey hair was thinning. Her golden boy beneath the silver fox.

Laura went for a swim, sinking gratefully into the cool blue sea and watching the legs of other bathers kicking all around her like an underwater dancefloor. She wanted her 18-year-old self back, falling in love with a wild-haired Johnny as they danced all night beneath a sail flag on a nightclub balcony, punching their arms in the air to S Express.

She hurried back across the hot sand, slaloming in and out of sunbeds and towels.

'Let's go clubbing tonight,' she suggested breathlessly, dripping seawater all over his sunlounger.

'We're far too past it – we won't get in,' he scoffed, but she could see the glint in his eye; the old Johnny who loved a challenge and had once been able to blag himself on to any guest list.

That night, the door staff at the coolest club in Ibiza took in Johnny's best Russian oligarch impression and, assuming they had to be VIPs, let them through without protest.

'I really can't believe we got away with that,' Laura laughed once inside, fizzing with adrenaline.

'Neither can I,' Johnny was already typing on his screen and her heart sank as she realised that along with the podium dancers, balconies, strobing bodies and deafening beat, there was free Wi-Fi. Whooping, arm-waving and diving in, Johnny began chronicling the night online with live hourly Twitter updates.

Laura danced with him until she ached, closing her eyes and letting the memories flood back. In the second Summer of Love, the only time Johnny had taken his headphones off had been to eat, club or make love. In those days it had been a Walkman. He'd worn it everywhere, driving her mad. He hadn't changed at all. Yet for the week of the vodka jelly proposal, he'd left his personal stereo at home.

Lying awake beside her snoring husband later, the club's bass beat still echoing in her ears, Laura no longer wanted to be 18, but in her twenties, looking into a shot glass and seeing a diamond ring glint from a jelly. It had been a moment of perfect intimacy, knowing they were together for keeps, never imagining that their life might one day be shared with his work colleagues and old school friends she'd barely met.

'HE STARED AT IT IN HORROR'

It was already light outside. Johnny's phone pinged with updates from its charger on the bedside table. She got up and dressed, knowing he'd wouldn't wake for hours – he couldn't stay up all night dancing and necking vodka cocktails as he once had – she'd let him sleep it off.

'What's this?' he groaned an hour later when a tray slid in beside him.

'Juice and ensaimadas.' The local pastries oozing with sweet cream were the perfect hangover cure. 'We're going out to lunch in half an hour, so I've kept it light. I drove up and booked our favourite restaurant.'

'That's lovely, but vodka jelly's the last thing I need,' he groaned, already reaching for his phone to check messages.

'They do the best paella in Ibiza,' she said. 'Eat your pastry and have a shower.'

The restaurant had barely changed, a popular high-end hippy shack perched on the western cliffs, famed for its breathtaking views and mañana attitude. There was no internet or phone signal. Grumpily, Johnny agreed to leave his phone in the car.

The paella was sensational, each forkful bringing back laughter and memories –

the late night swims, the dancing, the mopeds, the music, and the besotted joy of falling in love. The wine took the edge off Johnny's hangover and sharpened Laura's wit, and by the final, saffron-infused mouthful, they both found they were smiling stupidly into each other's eyes.

Johnny couldn't resist calling over the waitress to ask whether they still did vodka jellies. She explained they were no longer available, but they did a dessert called jalea de albaricoque gigante – 'it's for sharing, a jelly made with apricots and cava. Muy bueno.' She glanced at Laura, who nodded, her heart beating fast, her plan falling perfectly into place.

She watched Johnny's face when it was placed between them on the table. Set inside the glistening topaz bright jelly was a familiar black rectangle.

'That's my mobile phone!' he stared at it in horror, then looked up when he heard an electronic click and realised his wife was taking a photograph of him.

'The phone in the jelly is a water pistol. This one is yours.' She took another picture of his shocked face with it, capturing the moment irrepressible laughter burst out. 'And this is for our private album, to remind us that some things are best shared between just us.'

When she'd booked the table and asked for the restaurant's help, she'd prayed that Johnny would see the funny side, knowing that he would finally get the point if he did.

She snapped him reaching for his phone now, still laughing, his eyes bright, the same astonishing blue that had taken her breath away 30 years earlier.

'Let's switch this thing off,' he said. 'I don't want to see it again for the rest of the holiday.' He put it away and took her hand. No longer hungry, they carried the last of their wine outside into the sunshine to admire the view. ☺



* *The Woman Who Fell in Love for a Week* by Fiona Walker, is out now, £7.99, published by Sphere



Books & puzzles



Helen Stuart read *The Miniaturist* by Jessie Burton, paperback £7.99, ebook £4.79

In 17th-century Amsterdam, Nella Oortman begins her new life as the wife of a rich merchant. But living with his fierce sister and the strange servants forces Nella to seek solace in the miniature house gifted to her by her new husband. When the items sent by the miniaturist begin to foretell the future, Nella must discover if she is in charge of her own destiny. The fairy tale is a real page-turner that makes you want to read it all over again once you've finished.

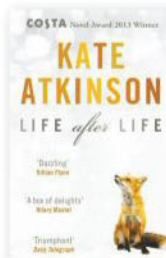
Our verdict: ★★★★★



WARTIME TRIALS

The Paying Guests by Sarah Waters

Set in London in 1922, the devastating effects of the First World War mean Mrs Wray and her daughter Frances have to take in lodgers in order to live in their large villa. When the Barbers turn up, no one can see how disastrous the consequences will be.



THE NEVER-ENDING STORY

Life After Life by Kate Atkinson

What would it be like if you could live your life over again and make different choices each time? This is the story of Ursula Todd, whose life over the past century takes different turns again and again, with infinite endings. Fascinating!



SERVANT LIFE

The Girl With The Pearl Earring by Tracy Chevalier

Based on the famous portrait of a young girl by the 17th-century Dutch artist Johannes Vermeer, this is the imagined story of servant girl Griet and her relationship with the painter and his family.

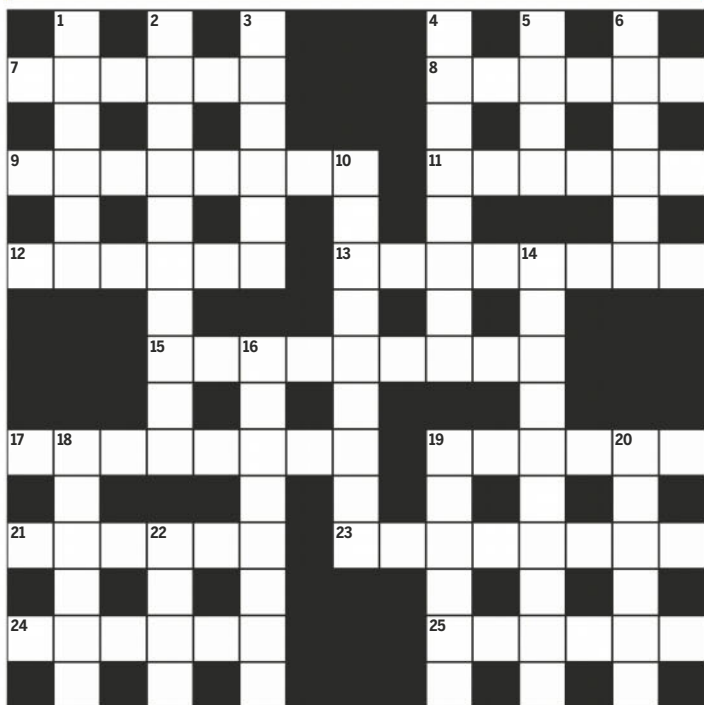
Get *The Miniaturist* by Jessie Burton for ONLY £3.49 (RRP £7.99)

BETTER THAN HALF PRICE AT WHSMITH

T&Cs: Subject to availability, while stocks last. Only one £3.49 copy of *The Miniaturist* per voucher. Voucher is valid until 10 August 2015 at WHSmith high-street stores only. This offer is excluded from outlet stores, books by WHSmith at Selfridges, Harrods and Fenwick's stores, WHSmith 'Local', online and travel stores, including those at railway stations, motorway service stations, hospitals and work places. Voucher offers cannot be used in conjunction with any other offer or promotional voucher and vouchers must be surrendered upon use. Photocopies will not be accepted. No cash alternative. WHSmith reserves the right to reject any voucher it deems, in its sole discretion, to have been forged, defaced or otherwise tampered with.



TRICKY CROSSWORD!



→ ACROSS

- 7 It's in preference to her rat, oddly! (6)
- 8 Jump off the ground in meadow before dog (4,2)
- 9 Brothers shortly returning in a bed are soaked up (8)
- 11 Go off in his van, wrongly (6)
- 12 Where people perform in phases (6)
- 13 Nadia surrounded by tin from Montreal? (8)
- 15 Possession in landlord's joint? (9)
- 17 Change of CID stint is clear-cut (8)
- 19 Lots of ten-ply produced? (6)
- 21 Cupboard. Close it without injury initially (6)
- 23 It's no longer here, but is around possibly (8)
- 24 Come in? Just the reverse for the revenue (6)
- 25 Stagger with masses of hair (6)

→ DOWN

- 1 Animal talk (6)
- 2 Reportedly ejected during the whole act (10)
- 3 Bert is troubled by groups of people (6)
- 4 At this hour it's almost too late! (8)
- 5 Father commonly in discomfort (4)
- 6 Man in a hurry, we hear, in the country (6)
- 10 Given a medal, so gets plastered? (9)
- 14 A dent, maybe, for the Blues (10)
- 16 One less than ten draws for a decade! (8)
- 18 Land is involved in Crete, e.g. (6)
- 19 Take to task about his pun (6)
- 20 Elephants have these in travel cases (6)
- 22 So, on together before long! (4)

LAST WEEK'S TRICKY CROSSWORD ANSWERS ACROSS 1 Abacus 5 Hash 9 Mass 10 Lass 11 Earner 12 Gene 15 Soar 16 Bus 17 Extracurricular 19 See 20 Pass 21 List 27 Forego 28 Afar 29 Seam 30 Tees 31 Sister DOWN 2 Bear 3 Cast 4 Seem 5 Hardheartedness 6 Stew 7 Café 8 Assets 13 Isle 14 Castle 16 Balsam 18 Rasp 19 Splash 22 Slam 23 Some 24 Rows 25 Rags 26 Sage

woman travel offers

Bruges, Paris & undiscovered Provence

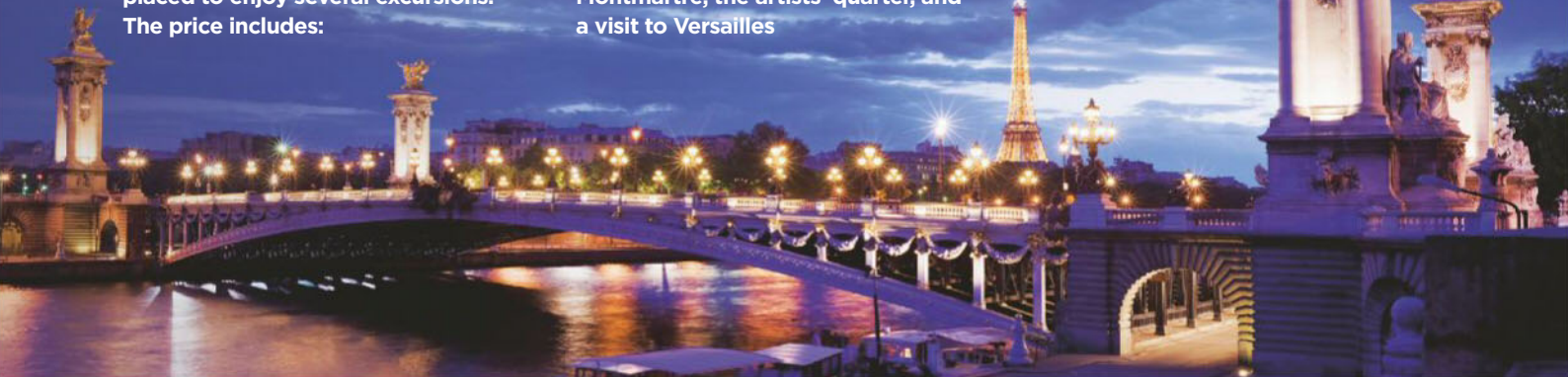
Paris by Eurostar

Departures up to November 2015
and March to November 2016.

One of Europe's most iconic cities, Paris is a must-see at any time of the year. In this superb tour, you'll stay in a centrally located hotel, conveniently placed to enjoy several excursions. The price includes:

- * Return Eurostar and rail connections available on selected dates from over 50 regional stations*
- * Three nights in a three- or four-star hotel, with breakfast
- * Sightseeing tours of Paris, including Montmartre, the artists' quarter, and a visit to Versailles

FOUR
DAYS FROM
£259PP



Bruges by Eurostar

Switch off from the pressures of modern-day living and wind down for a few days in beautiful medieval Bruges.

Departures up to November 2015
and March to November 2016.

The price includes:

- * Return Eurostar and rail connections available on selected dates from more than 50 regional stations*
- * Three nights in a three- or four-star hotel in the old town
- * Walking tour of Bruges, plus visits to a traditional chocolatier and the historic city of Ypres
- * Escorted by an experienced tour manager

FOUR DAYS
FROM
£249PP



Provence by air or Eurostar

Immortalised by Cézanne and Van Gogh, discover enchanting scenery and the wilderness of the Camargue.

Selected departures up to October 2015
and April to October 2016.

The price includes:

- * Return flights from many UK airports with taxes and transfers, or return Eurostar and TGV rail
- * Seven nights' B&B at a choice of three- to five-star hotels, two hotel dinners plus two dinners in Provencale restaurants
- * Tours of Aix-en-Provence, Avignon and Arles
- * Escorted by an experienced tour manager

EIGHT
DAYS FROM
£869PP



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THE ART OF PACKING

Getting your holiday edit right is a tough call but Woman's Fashion Editor Paula Moore says travelling in style is easy if you shop on eBay



'We always pack more than we need so less is more is my holiday mantra. Make a list of what you're taking so you can be sure you've got the right shoes to work

with every outfit – it's a great way to avoid over-packing. Start by deciding

on the dress that you will definitely wear and take the accessories you need to go with it.

'My absolute must-have is a kaftan because it's so versatile. It can be dressed up or down with ease and is the perfect beach-to-bar cover up. In the day wear over a swimsuit and, at night, team with this season's ankle grazers and embellished flats. Think

about fabrics too – chiffons and sheers are perfect for hot countries and don't require any ironing.

'The first stop on my holiday itinerary is eBay. It's bursting with new, pre-loved and vintage holiday style inspiration. You'll also find all the suitcases, toiletries, and travel accessories you could possibly need in one place... Bon voyage!'



All items featured here were bought on eBay. You can find everything you need to get every holiday off to a great start, so start browsing now for inspiration!



PAULA'S TOP TIPS

- * Wear your heaviest clothes, such as wedges and denim, to travel in.
- * A pretty lightweight tote is perfect for hand luggage and can double up as a beach bag too.
- * Pack a sarong and bikini in your hand luggage, so if you arrive at your hotel and your room isn't ready you can head to the pool and not waste valuable sunbathing time!
- * When packing, put your shoes around the edges of the suitcase, soles outwards.
- * Roll clothes instead of folding them - it's easier and prevents creasing.
- * Lots of suitcases look the same, so tie a ribbon to the handle. And put your home address and phone number on the luggage label... Better to be safe than sorry!



GO FOR MINIS

Downsize toiletries to save suitcase space and if you're taking them on a plane in your cabin bag, only carry 100ml bottles that will fit in a 20cm x 20cm clear bag.

FOR MORE INFORMATION Find everything you need to get your holiday off to a great start at eBay. You can use eBay Click & Collect to pick up many eBay purchases at Argos stores nationwide. Start browsing now at ebay.co.uk/rpp/whatever-the-weather.

ebay



GO SLOW IN

The relaxed pace of Malta's tiny sister island is perfect for easy walking.

WHY GO?

While Gozo may be a speck in the Mediterranean, just eight miles by four, it's packed with history, rural landscapes and hidden beaches. Part of the Republic of Malta, the locals joke they run on GMT or 'Gozo maybe time', so expect a tortoise-like pace to island life. It's straightforward to get there, with flights to Malta's Valletta airport taking three hours, after which the three-mile ferry journey to Gozo is just 25 minutes.

ADVENTURES ON FOOT

Rambling around the island is so easy, and your hotel will provide you with maps and guides. We tackled a moderate 7.5-mile walk following a coastal path south-east to south-west from Mgarr, then inland to Xewkija. (The names seem bewildering but an X in Maltese is pronounced as a 'Sh'!)

At Mgarr we passed a coastal tower built in the 1660s, before heading up hill to the quaint village of Ta' Sannat, perched close to the edge of majestic vertical cliffs.

LUNCH TIME PIT STOP

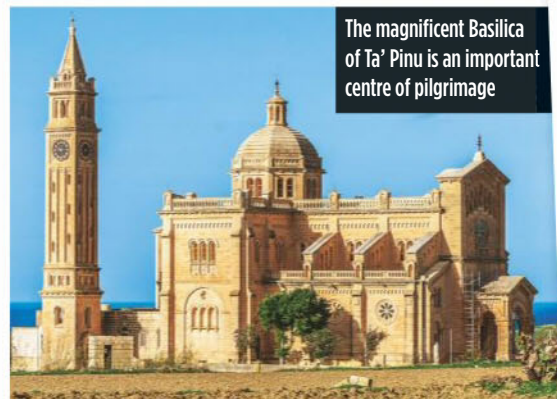
Further down the path and at the end of a deep, lush ravine, is the secluded bay of Xlendi, with its glorious turquoise waters. Here the Zafiro Restaurant has picture-postcard views of the fishing port, and you can refuel with lamb shanks on a bed of couscous for around £10. Book by phone on 356 2156 5555.

In the afternoon the path leads you to the Ggantija Temples, so old they predate Egypt's pyramids. After that blast of culture, the walk finishes in the village of Xewkija, where you can sample some fine chocolates at the Magro Food Village (magro.com) before catching one of the excellent local buses back to your hotel.

REST AND RECUPERATE

Our base was five-star Hotel Ta' Cenc in Sannat, a collection of palm-shaded bungalows curved around three swimming pools. Make time for the 90-minute Hot Lava massage, £60, at the hotel spa.

And be sure to have at least one meal at the Tmun Mgarr Restaurant in Mgarr, which has a lovely outside terrace overlooking the bustling little harbour below. We happily tucked into mussels



The magnificent Basilica of Ta' Pinu is an important centre of pilgrimage



The ferry from Malta will drop you off at Mgarr's bustling little harbour

GOZO

cycling and lazy days on the beach...

and clams, £6.50, followed by the grilled local calamari, £12; tmunmgarr.com.

PEDAL POWER

After a day's rest we were ready for a 14-mile self guided cycle ride from Ta' Cenc to San Lawrenz. We cycled along quiet roads, past vineyards, to the coastal haven

of Ramla Bay. It's the only large sandy beach in Gozo and the cool, pristine waters were a welcome break from the saddle. From there it's downhill to Marsalforn's compact harbour for a lunch with a view. Leaving the harbour behind, we passed the patchwork stones of the salt pans, painstakingly carved during Roman times. Our final stop was the neo-Romanesque church at Ta' Pinu, where we admired the splendid craftsmanship of Maltese stone inside.



The cool green waters of Ramla Bay are a welcome sight after a day's cycling

SPA AND SIP

That evening, we checked in to the Kempinski Hotel in St Lawrenz (our bags were

FINAL GOODBYES

On the last day we visited Dwejra Bay, with its huge caves and the Azure Window, a natural rock arch some 20m high. There was just time to stop in Gozo's main town, Victoria, also known as Rabat, where you can buy local honey, wine and lace at the daily market. Be sure to go for a last lunch at Ta' Rikardu restaurant in the beautiful old Citadel. Their speciality is the Gozitan cheese *gbejniet*. This hard, white sheep or goat's cheese is best eaten with *hobz*, a crispy bread similar to sourdough. A delicious way to round off your holiday before catching the ferry home.



The Azure Window at Dwejra Bay epitomises Gozo's rugged landscape

transported by the tour company), which boasts a wonderful spa with an authentic Oriental Hammam; kempinski.com.

But if you're still looking for something active, head to the wine estate of Ta' Mena and meet owner Joseph Spiteri. We indulged in some wine tasting, a light lunch and even a spot of *bocce*, similar to the French game of boules. Tour prices from £8.50; tamenagozo.com.

GET ME THERE!

Headwater (01606 828 315/headwater.com) offers six-night Gozo activity holidays from £1,247 per person. Price includes half-board accommodation for six nights staying at the Ta' Cenc and Kempinski hotels, return flights from London Heathrow with Air Malta, plus bikes, maps and route notes. 📄



'I won two jackpots and £3,000!'

Gill Thompson, 55, from Birmingham, scooped a second big cash prize a month after her first win

I've been reading *Woman* magazine for years, and when I saw that there was a *Woman* Bingo site, I was excited to join. Signing up was effortless – and I'm not even that great with computers! But the site is so straightforward and the games are really easy to understand and follow too.

I soon got the hang of it all and found my favourite bingo games – Sapphire and Bejeweled. In my three years of playing, I've won a fair few lines on the bingo, scooping £50 here and £100 there.

But in April this year, I had my biggest win yet. During the week, I'd been playing on Sapphire. One of the reasons I like Sapphire so much is because while you play you can also win free tickets to the Playoff Palace special bingo game. That means every day at 8.45pm and on a Sunday evening at 9.15pm you can have lots of free tickets to play with.

It was a Sunday and I was ready to visit Playoff Palace with my free tickets. My husband Peter, 57, was relaxing in the lounge with me and watching telly. In the past, I used to announce when I was only waiting for one more number for the full house, but this time, even though there was only one to go for the jackpot, I bit my tongue and kept quiet.

Just the ticket!

But then, my number was called and I bagged the jackpot! I certainly couldn't contain my excitement... 'I've just won £1,000!' I told Peter. We were so happy and I couldn't believe it was happening!

I withdrew the money and put it safely into my savings account. I have four grandchildren, all under four, so I wanted to be able to treat them and maybe take them on holiday next year.

Just a few weeks later, in May this year, I was on the site playing Bejeweled Bingo, another favourite game of mine. In Bejeweled Bingo you often win extra tickets for the next game, which is one of the reasons I like it. I had one eye on the telly and one on the game and I could see a few of my numbers being called.

Before long, I found myself in a familiar situation. I only had one number left! Surely I couldn't win again so soon, so I didn't say anything to Peter, who was sitting just across from me on the sofa. But a few seconds later, my number was called and I had hit the jackpot again! And what was even better was it was a link game, meaning the jackpot was £2,000!

'I've won £2,000!' I cheered. 'That's fantastic!' said Peter who had no idea I'd been so close to the jackpot.

I couldn't believe I had won again, just a few weeks after my initial win. You just don't imagine you'll be the one to win, no matter how close you get to the jackpot!

Treating the family

I withdrew the second jackpot as well, to put with my savings to take the grandchildren away. But I love to treat my grandchildren and didn't want to wait until next year to spoil them, so I bought them each some toys. And I treated myself to some new clothes as well! Peter and I are planning to take our son, daughter and four grandchildren away to a nice cottage next year with my winnings.

'I COULDN'T BELIEVE I'D WON AGAIN'



I am so chuffed with my win and the great thing is I won with free tickets I had scooped from other games. *Woman* Bingo has something for everyone, with penny games, slots, roulette and of course my favourite, bingo! 🎰

MAKING NEW FRIENDS ONLINE

'It's not just about the bingo,' says Gill. 'You can enjoy the chat too. People natter away about all sorts in the chat stream. Plus the hosts are always on hand to help and they always keep us all laughing too!'



WINNER!

£2,000

Pounds

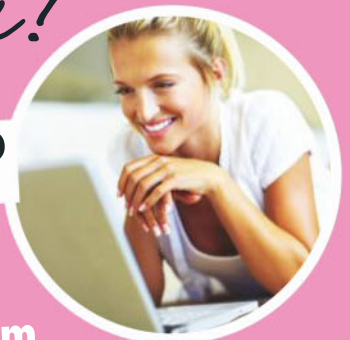
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Turn your dream holiday into reality

You could save money with *Beat My Price*

Check out the website that could save you £££ on toys, books and more!

Woman has teamed up with bespoke offers' Beat My Price to help save you up to 12 per cent* on thousands of items online. If you're a mum looking to splash out on the newest toys or books for the kids, bag a must-have blockbuster on Blu-Ray, or buy the latest gadgets or video games, beatmyprice.co.uk could save you time and money and take the stress out of shopping around.

Everyone likes to save money but there isn't always the time to trawl the internet looking for the best deal.

Jennifer from West Midlands saved 12.5% on an iPad Mini Keyboard & Case

Lesya from London saved 16% on a BaByliss Styler

Beat My Price is a free service open to everyone that takes the hassle out of bargain hunting. Having teamed up with a number of preferred partners and suppliers, Beat My Price does the hard work, aiming to source the very best prices for your favourite products.

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(delivery costs included).

3 BEAT IT: If successful, a personalised discount will be emailed to you, saving you the hassle of scouring the web for the best price. You'll then have a limited time* to take up the exclusive price.

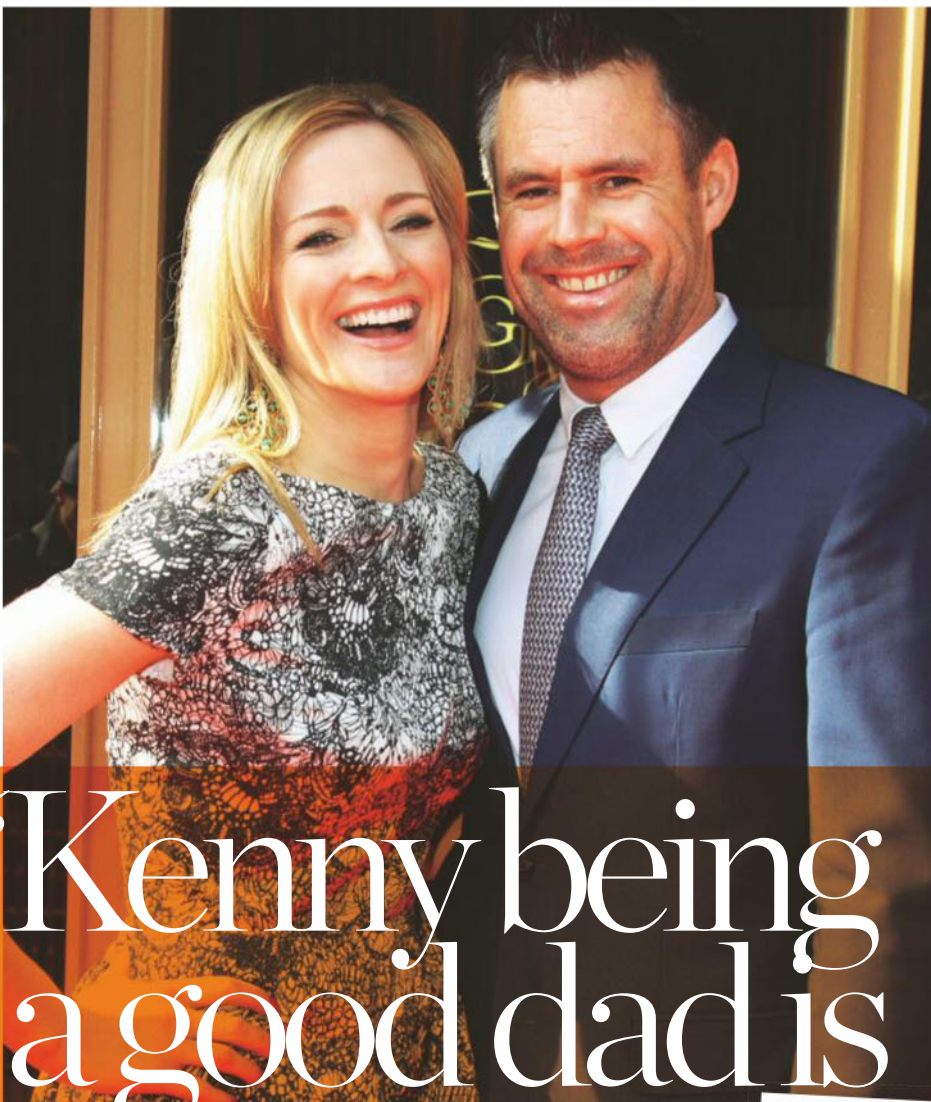
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*3 out of 4 times we find a better price than the one found by the consumer. Personalised discount emailed to you within 48 hours. Limited time period to use discount, usually 12 hours. Shoppers are currently able to make up to five requests a day on Beat My Price. Beat My Price is owned and operated by Barclaycard, whose conditions apply; a company wholly independent of Time Inc. (UK) Ltd.



Kenny being a good dad is the sexiest thing ever!

Gabby Logan talks about her new TV show and keeping the love alive...

Funny, down-to-earth and refreshingly open, chatting to Gabby Logan is like having a natter with one of your best mates. Here, Gabby, 42, mum to 10-year-old twins Reuben and Lois and married to ex-rugby player Kenny, explains more about family life...

You've been married to Kenny for 14 years now. What's the secret to staying together? You really have to respect each other. Sometimes you might talk to your partner in ways that you wouldn't talk to your friends, and you have to remember to check yourself. If you want the kids to

learn to respect other people but they hear you bickering or being short tempered with each other, that's not a great example to set.

What's the most romantic thing Kenny has ever done for you? He just listens. I once mentioned I wanted to learn how to play the guitar, and then he bought a guitar and sprinkled roses from the top floor of the house to the bottom where the guitar was and wrote 'I love you' with the petals. Unfortunately, I then let him down by not learning to play! But he's such an amazing dad to the kids – that's the sexiest thing ever. It makes me fancy him more!

Do you think women have to juggle too much? You can't do everything, it's impossible. If you asked 100 men on the street, I can't imagine many would have ever been asked how they cope as a working dad! But dads are a lot more pro-active and involved these days. When I was a kid, you'd never see a dad at the school gate. And my dad wouldn't have known any of my best friends' names whereas Kenny definitely does.

You've been open about conceiving your children through IVF. Will you talk to your daughter about fertility issues? I jokingly tell people I would love Lois to be a young mum, so I could look after her children! But seriously, I would absolutely tell her that if she was in a good relationship in her early twenties and she wanted kids and a career, that it can be done but you just have to work at it. I hope people won't keep putting it off, hoping that science can take care of it. Until evolution catches up, we have to deal with the reality of our bodies.

You're a keen supporter of the This Girl Can fitness campaign to get women moving... Yes, and I hope people are taking notice of it. Look, I don't think fashion magazines should be filled with real-life models. I was at an awards do and the model Rosie Huntington-Whiteley

walked past. She was almost like an alien because she was so breathtakingly beautiful! But that didn't mean everyone else there wanted to look like that, and that if you don't look like that, you can't be healthy. Women come in all different shapes and sizes.



Gabby with children Reuben and Lois, 'I'd love Lois to be a young mum!'

Are you excited about your new ITV show, *Flock Stars*? Yes! I met the production team and they really sold the idea of celebs training to become shepherds to me. Sales of sheepdogs are going to go through the roof after this show, and I'm putting sheep on my birthday list! 🐑

*** Gabby Logan is working with Persil and the Roald Dahl estate to encourage children to go on an outdoor adventure with *My Messy Adventure* – a new, interactive Roald Dahl story. Free to play at persil.co.uk/Roald-Dahl**



The silliest reality show OF ALL TIME?

WHAT THE FLOCK?!

As ITV's *Flockstars* is herded to our screens this week, we look back at some of the daftest reality shows of the decade...

Rounding up a flock of celebs ready to learn new skills as shepherds isn't as difficult as it seems. ITV's latest reality offering features eight famous faces, including *Corrie*'s Wendi Peters and *Birds Of A Feather*'s Lesley Joseph, competing for the crown as top sheepdog trainer! But just when you thought you'd made a sofa date with the wackiest show of all time, think again. Who can forget *Celebrity Wrestling*, *Popstar To Operastar* and *The Jump* to name but a few. We've all certainly enjoyed a laugh on the way. Rebecca Loos' pig-gate incident on Channel 5's *The Farm* in 2004 went down in reality TV history and Gemma Collins' belly flop on last year's *Splash* was a sight to behold. So here we celebrate the best and worst of Britain's reality TV past and present.



THE JUMP

Sinitta's no stranger to a slippery situation, but the singer found herself on thin ice, sloping off before the final in 2014.



CELEBAIR

Chico Slimani proved budget airlines can have the X Factor when he gave us his best doors-to-manual routine. But with tough competition from his fellow Z-listers, it wasn't 'Chico time' as Lisa Maffia emerged as the high flyer in 2008.

TUMBLE

Reality TV hit rock bottom with celebs, such as Andrea McLean and Alex Uttley, trying to pommel their way to glory in 2014. Despite some killer bodies on display, the BBC show itself took a tumble.

CELEBRITY WRESTLING

Liberty X's Michelle Heaton, model Leilani Dowding and sprinter Iwan Thomas were some of the names to take part in this challenge in 2005. Axed after one series, it was one of Holly Willoughby's earliest gigs and one she'd probably rather forget.

REALITY BITES!

- * Mel C tore a knee ligament while competing on *The Games* in 2003.
- * *EastEnders*' Richard Blackwood was on *Celebrity Detox Camp* in 2003.
- * Mr Motivator had to leave *Tumble* early due to injury.
- * Former *Pop Idol* star Darius Campbell won *Popstar To Operastar*

POPSTAR TO OPERASTAR

Hosted by Alan Titchmarsh and Myleene Klass, a group of pop singers, including Kym Marsh, were trained to sing opera. But the curtain came down after just two series in 2011.

SPLASH

It was tears and tantrums when Gemma Collins plunged out of the diving show after just one heat in 2014. But comedian Jenny Eclair paddled her way to 10th place!

THE FARM

After her rumoured affair with David Beckham, Rebecca Loos caused a stink after a scene showing her pleasuring a pig in 2005. Debbie McGee and Jeff Brazier also starred.



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STARSCOPE

Your stars for next week and the year ahead,
by Penny Thornton



ARIES 21 Mar – 20 Apr

You are within striking distance of resolving a money problem. A new cycle is beginning and you can help the rebirth process by shedding baggage.

For your reading ☎ 09058 172557



TAURUS 21 Apr – 21 May

The theme of endings and beginnings is playing on the home front. If you've been looking at your four square walls and thinking something – anything! – must be done, get out your paintbrush.

For your reading ☎ 09058 172558



GEMINI 22 May – 22 Jun

Saturn will soon return to the zone of relating, so now's the time to set in place the rules of engagement, whether it's work, a creative project or a relationship.

For your reading ☎ 09058 172559



CANCER 23 Jun – 23 Jul

Saturn changes direction, which may well have an effect on a situation that has been held up by red tape or stuck in the sidings. Release may be too strong a word, but a gradual easing is realistic.

For your reading ☎ 09058 172560



LEO 24 Jul – 23 Aug

If a development threatens the future of an association, there's still time for matters to resolve themselves. But it may be a tad too soon to announce plans for the future – give it a few more weeks.

For your reading ☎ 09058 172561



VIRGO 24 Aug – 23 Sep

It may be impossible to see where certain situations are headed, but ultimately it's to your advantage. However, if you have a dental problem or aches and pains, don't let the situation rumble on.

For your reading ☎ 09058 172562

Starlines are updated every Saturday. Calls cost 80p per minute plus your telephone company's network access charge and last about 4 minutes. Users must be 18+. You must have the bill payer's permission. Service provider: Spoke. Helpline: 0333 202 3390.

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LIBRA 24 Sep – 23 Oct

Money could be on its way to you – should you need to borrow or find backing, people will be more likely to deliver. It's been a tough year, but it's getting better.

For your reading ☎ 09058 172563



SCORPIO 24 Oct – 22 Nov

Saturn's about-turn in your sign helps you sew up loose ends and settle old scores – in the nicest of ways! So if some situations require resolution, now is the time to get moving and motoring.

For your reading ☎ 09058 172564



SAGITTARIUS 23 Nov – 21 Dec

If you're nurturing doubts, bring them out into the open. The zone of travel is looking perky – a holiday romance or a rekindling of the flame could be on the cards.

For your reading ☎ 09058 172565



CAPRICORN 22 Dec – 20 Jan

A romance that began a little while ago may well have reached a stage when it can become deeper and more intimate. But if the fire has gone out of a love affair, don't prolong the agony.

For your reading ☎ 09058 172566



AQUARIUS 21 Jan – 19 Feb

It's not easy to know when a relationship is in serious difficulty and when it's just a phase. In nine out of 10 cases, any bump appearing in the marital road now is negotiable, so keep your cool.

For your reading ☎ 09058 172567



PISCES 20 Feb – 20 Mar

In roughly 10 days, Jupiter will enter the relating zone, helping you meet your match and experience joy in relationships, thus any current doubts may well be erased in the coming months.

For your reading ☎ 09058 172568

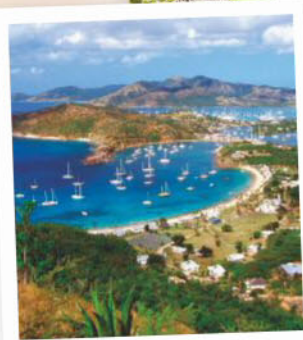
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Itinerary B* (18 nights):

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- * Two-night four-star hotel stay on Fort Lauderdale Beach (18 nights only)

*Cruise itinerary varies. Prices are per person from, based on two sharing, indicative only and subject to availability; when it's gone it's gone. 11 nights based on departing 3 February 2016. 18 nights based on departing 6 November 2015. Regional flights available at a supplement. Transfers, checked luggage & in-flight meals only included if specified. Hotel ratings are local and local taxes may be payable. Image for illustration only. All-inclusive drinks are locally produced. Some activities incur local charges. Luggage allowances vary by carrier. Offer may be withdrawn at any time. Restrictions, conditions and credit/debit card surcharges apply – ask when booking. Balance payable 14 weeks prior to departure. Prices correct at time of going to press. Offers operated by Jetline Holidays, ABTA J1693, ATOL 6153, whose conditions apply – a company independent of Woman published by Time Inc. (UK) Ltd.

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You will see on our website that, rather than quote emails or verbal conversations with customers, we try wherever possible to post screen shots of genuine customer comments on social media, so all prospective customers can be confident in the veracity of our testimonials.

Here is a small selection of typical feedback we receive on our Facebook page regularly. Visit UK Weight Loss Network on Facebook and see these, and many more, for yourself!

"I just finished using mine. It does work. I have lost inches. And I only used it three times a week. My clothes fit better and I'm so pleased with the result. It's easy to use, too."

Arlene G

"I've had this machine now for just over 2 weeks – I use it for my mobile beauty business. I have used it on two clients: both have lost inches. I have found it great and my clients are very, very happy."

Danielle S

"This machine is fantastic! I have been using it for nearly 2 weeks and have lost inches. I go on holiday in 2 weeks and was dreading having to put swimwear on and bare my body. Now I will feel more confident and less stressed. It's easy to use and I would recommend it to any of you ladies that need a confidence boost."

Viv T



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"...using it 10 minutes a day and the results are amazing!" Arlene G

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Karen H, Facebook

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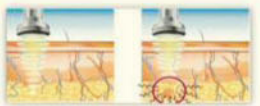
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**WOMAN
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Harry JUDD

He's a Strictly winner and McBusted's drummer – is there anything hunky Harry can't do?

Handsome Harry!

As the drummer in pop band McFly, Harry Judd showed off his natural rhythm when he won *Strictly* in 2011. He recently toured the UK with McBusted, a mash-up of McFly and noughties band Busted. Harry, 29, wed his long-term girlfriend Izzy Johnston in 2012. They live in London with two cats.

A lot of people predicted McFly wouldn't last – but we're still going 12 years later.

It's a rare thing for a pop band. Often a member leaves because they're not happy, but I love what I do – I work with my three best mates and we get to travel the world.

For the first few years of the band, I was single, so I did experience the rock'n'roll lifestyle. But there's more to life than getting with lots of people! I prefer being able to share my life with someone I love. When you find someone you share that connection with, it's impossible to ignore.

The curse of *Strictly* is famous and having done it, I can see why – it's tough for a couple! But I've been with Izzy for 10 years. Being in a band from a young age and travelling around, we've had testing times, but that's what makes you as a couple.

I've never thought of myself as a sex symbol. Izzy's not the jealous type, so she's never been bothered by female fans.

I'm strict about what I eat – I try to avoid processed food. I love the gym, too. Before I started training, I felt sluggish. Now I feel much better.

Four years ago, I quit drinking. I didn't enjoy how it made me feel. I've also quit smoking, so Izzy and I are the most boring couple ever! She never drank and that's the one thing we'd row about. When I quit booze, it made our relationship much better. Now when it gets to 11pm at a party, it's not me saying, 'No, I want to stay!'

*** McBusted's Most Excellent Adventure Tour: Live At The O2 is on Blu-ray and DVD now**



Happy couple: Harry and his wife Izzy

THE CASTING COUCH

From public schoolboy to pop pin-up, how Harry beat his path to fame...



03

McFly

'I almost played a cricket match instead of going to the audition!'



06

Just My Luck

'It was a great experience working in film and good for the band.'



11

Strictly Come Dancing

'No one can underestimate how terrifying it is going on *Strictly*.'



15

McBusted

'We all have wives or girlfriends, so family time was built into the tour.'

Say what?

'My cat is doing my head in – he keeps eating grass and throwing up everywhere!'



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Two women are standing on a white bridge with a decorative railing, laughing and looking at each other. The woman on the left has long brown hair and is wearing a purple top. The woman on the right has short grey hair and is wearing a mustard yellow blazer over a white top. The background shows a paved path and greenery.

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†377 UK shoppers surveyed, Sep '14 - Jan '15